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on Strictly secrets

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# ED'S LETTER

Three themes have emerged in this issue.

First, we have what we loosely term 'heritage'. We've always been fans of historical matters at *The Moment*, but this time around they really have come to the fore. There's a peek at the connections between Flag Fen and Must Farm - where some stunning discoveries have recently been made - and the growing potential of Flag Fen as a centre of excellence and place of education.

We also take a look at the WWI Project, which is providing amazing insights into the mindset of servicemen on their way to - and from - war. Ben Vanheems explores Burghley House as it gears up for the 300th anniversary of Capability Brown - who worked on landscaping the grounds of the great Elizabethan house for over 25 years. And we profile an incredible local figure, Edmund Artis - one of the founding fathers of archaeology, and the man who almost single-handedly brought to light the Roman legacy in the Nene Valley.

There's a celebration of the Brontës. A new Eastern Angles play recreating life in wartime East Anglia. And an interview with one of the world's best-selling female authors and most respected historians, Alison Weir. She is launching a major new series of historical novels this spring, the first of which recounts the life of Katherine of Aragon and is to be launched at Peterborough Cathedral.

We are also big on health and fitness this issue. 2016 sees the launch of a whole new campaign by Peterborough City Council to help local people achieve better health. Called simply 'Healthy Peterborough', it's big and ambitious but also refreshingly straightforward; the aim is to provide trustworthy, practical information but also to outline some of the simple things you can do every day to bring about a measurable improvement. These are often very small changes - eating and drinking a little less, walking a little more - but they can add up to something significant. In short, they can add years to your life - and improve its quality as well. Find out more on p.44 of this issue.

For people with existing conditions, there are specialist classes run by Vivacity that can help to improve general health safely and within the limits that the conditions impose (see our feature on p.42). There are also details of sports for those with disabilities (p.38) and holiday fun for kids at Club Viva to help them stay active in mind and body.

Finally, there are charities and good causes: the vital efforts of East Anglian Air Ambulance, Dosh4defibs, Care Zone and Shine, as well as Peterborough Environment City Trust and Peterborough Eco Framework's important work establishing 'green shoots' in schools.

Oh, and there's him off *Strictly*. So, pretty much a feelgood issue all round, really.

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**Mark Wilson, Publisher**

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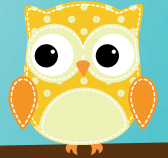
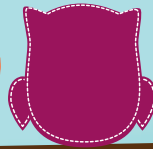


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# Strictly BETWEEN US...

On 26 April *Strictly* dance stars Ian Waite and Natalie Lowe appear at the Key Theatre with an entirely new show. Called simply *An Audience with Ian Waite and Natalie Lowe*, it promises something a little more intimate... Toby Venables talked to Ian Waite about the tour, his time on *Strictly* and his worst ever dance moments.



### Tell us a little about the new show...

Basically, it's just myself and Natalie Lowe. We're going to be performing a lot of our favourite dances, but it's going to be much more of a smaller, more intimate feeling; rather than just being a show up on the stage we're going to get the audience much more involved. I'm presenting the whole show, and we have a great singer called Luke Upton, who is a bit of a YouTube sensation. He's really up-and-coming and we're really excited to have him performing, because he's really too expensive for us! And this is our first show on our own. Obviously we've done a lot of touring with *Strictly* – the arena tour, and also the theatre tour with Craig Revell-Horwood, *Strictly Confidential*. We also did the pro tour a few years ago, with all the pros, but it's really nice to be doing our very own tour for the first time.

### I was struck by the use of the word 'audience' in the title – the audience seems such a crucial component of *Strictly*.

Exactly. This actually came from a show that we did in Milton Keynes, at The Stables, which is a very intimate theatre – about 400 people – and everybody is very close, with the floor in the middle of the audience. That show was just thrown together at the last moment really, by me and Natalie, but everybody absolutely loved it. We had a standing ovation, and the promoter said: 'This is a really great idea; rather than taking the big venues, why don't we do lots of smaller ones and make it more intimate?' And that's exactly what we've done. We've been dancing together for about eight years now, so over those years we've put together some awesome dances. One we actually danced in the semi-final of *Strictly* as a solo number – an American Smooth danced to *You Don't Bring Me Flowers* – and it's sort of our signature dance, so we always make sure we do that at some point in our shows. We also did some bits for *Strictly Confidential* – Craig's show – but we'll be putting together new dances as well. We have always found

## THE ETHOS OF THE SHOW IS NOT ABOUT SHOWING ANYBODY UP - IT'S FUN, AND ALL ABOUT THE FAMILY.

it very easy to choreograph together, as it always seemed so right and so natural. This show is a real treat for us, because it just means we can do what we want to do, and perform the dances we want to dance. It's very emotional, because it's coming from us. More personal.

### *Strictly* – and dance in general – has become huge over the past few years. Why do you think that is?

It harks back to the days when we used to have big ballrooms and big bands, and the dance floors were packed. It's old-fashioned entertainment which people still love. The theatres in the West End are still packed, and people still love going to the theatre, and this is along the same lines. But it is old fashioned, and to begin with on *Strictly* we all thought: 'This is crazy!'. When I heard the format – ballroom dancing with a celebrity – my first reaction was that they would never get the celebrity's to dance well enough. I mean, we've been doing this for 20-30 years, so how are they going to get to be as good as us...? But then we saw some of those celebrities literally improve overnight – because they were doing 30 hours of practice! And they really were turning into dancers. Obviously the naturals tend to come to the front – but even the ones who aren't so talented and who struggle in the beginning capture the audience's imagination. We like to see people struggle but come through in the end. It's part of life.

### *Strictly* seems quite different from some reality TV, in that it celebrates real achievement.

I think it's the approach of the show and producers. The ethos of the show is not about showing anybody up – it's fun, and all about the family. There was a time when we thought it wouldn't appeal to the younger kids and teenagers, but actually it has. I think partly that's because they include modern songs, bring in sports people and pop stars who you wouldn't necessarily think

would do something like that. It really is a big family on stage too, and it is lovely to be a part of that. It's been a huge part of my life – first seven years on the main show and then five on *It Takes Two*. *It Takes Two* is a very

important part of it, I think, because we're showing the nitty gritty – the training, the trials and tribulations... People love that side of *Strictly*. It's been a dream, really, because I got to work with Zoe Ball, who I danced with in series three, and we've remained great friends.

### You were partnered with Natalie during the show. Is that as nerve-wracking as it is being teamed up with a new celebrity, or as pros do you just snap to it?

We were lucky. I'm very tall – I'm 6'4" – and all my life I've struggled to find a partner tall enough. On *Strictly* they were looking for a tall girl for me. Natalie had inquired, and she was tall – 5'10" – so they said: 'We've got this amazing girl from Australia...' And they actually brought her over for me for the show. So, I have everything to thank *Strictly* for, because she was the perfect partner for me. And it gelled instantly. We had an awesome time – we danced on the tours together for a few years, and did a solo demonstration on the arena tour, which was a great moment, going out and dancing in front of 15,000 people at the O2. Quite a defining moment! But yes, any professional dancer could get with any other dancer and dance with them. They all know the same steps and if they've been trained well, it's easy to pick up with a partner. They do swap them around a lot on the show. That used not to be the case back in my day – we stuck with our partners. But a lot has changed; they get choreographers in now, whereas we used to choreograph all our own group dances and routines.

### You started out as a Latin dancer – but isn't it unusual for someone so tall to excel at Latin rather than Ballroom?

I've always been one of those people who, if someone says I can't do something, it makes me more determined to do it! Most of my dance career I was told 'No, no – you shouldn't be a Latin dancer, you should be a Ballroom dancer, because you've got the height for it...' But I didn't want to be a Ballroom dancer – I wanted to express myself and be a Latin dancer, so I basically just proved everybody wrong! In the UK they didn't really mark me very well, but then I was lucky enough to represent



England in the World Youth Championships, and I won it with my partner. So when I came back I was world champion and everybody was like: 'Who is this guy? He's tall!' But they couldn't ignore me then, so I got my break. But it's true that most of the Latin dancers are small, and the Ballroom dancers are tall. I've actually turned into more of a Ballroom dancer now, partly because Natalie specialised in Ballroom. We do both on the show, but together we're more of a Ballroom couple. Your career can actually last longer if you're a Ballroom dancer, because it's not quite so energetic!

**We hear a lot about what the celebrities learn on *Strictly*, but as a pro do you feel you have learned from it too?**

I have learned so much... especially about TV. I was very confident, very cocky at that age, and I think I probably had a different

**“WHEN I CAME BACK I WAS WORLD CHAMPION AND EVERYBODY WAS LIKE: ‘WHO IS THIS GUY? HE’S TALL!’”**

approach than most people – but that was what the producers were looking for, because I wasn't the stereotypical, prim and proper Latin or Ballroom dancer. I'd literally just got back from living in Holland for seven years, which completely changed me as a person – for the better. It brought me out of myself, making me a more expressive, more emotional person. And I think they saw something in me that was different, and that was why I went on the second series. But when it comes to teaching and choreographing, you had to choreograph for somebody who wasn't a dancer, so it had to be very, very simple but also effective – because if it's boring, nobody is going to vote for it! When I was on the main show I also choreographed a lot of the group dances, and that was an experience in itself, because it was all pros, and a lot had never done group dances with pros, so it was a massive learning curve.

**Was there ever any backchat..?**

Yeeees! There was an occasion, not naming any names, when someone raised their eyebrows and said: 'I don't like that...' But you have to be strong and say: 'Well, if you don't like it, get out!' Certain pros would never choreograph anything, then others like myself would be choreographing all the time, which meant a lot more work for us. But it really helped with my career,



and has developed me as a choreographer, and also improved my presenting skills.

**What was your worst moment on the show?**

I did fall over on screen once... When I danced with Zoe Ball in the final, she had this fan in her hand that she was supposed to throw off the floor, but she didn't actually throw it OFF the floor. And towards the end of the dance we broke away from each other and ran around, and I slipped on the fan and fell over. I was literally on the floor for a millisecond, but I could see Zoe laughing and I thought: 'If I don't get back with her instantly, she's so volatile she'll go off-time, or do the wrong steps...' So I had to jump up and get back into the swing of the dance. So, a lot of things have been said about that, because no other pro has ever fallen over! It was also very difficult in series four, because I'd got to the final in series two and three, and in series four when I danced with Micah Paris we went out in the first week. That was devastating. We'd worked so hard for that first show, as well, putting in about 80 hours... I don't think Emma Bunton was doing 80 hours even in week five! So, yes, it was gutting.

**And the best moment..?**

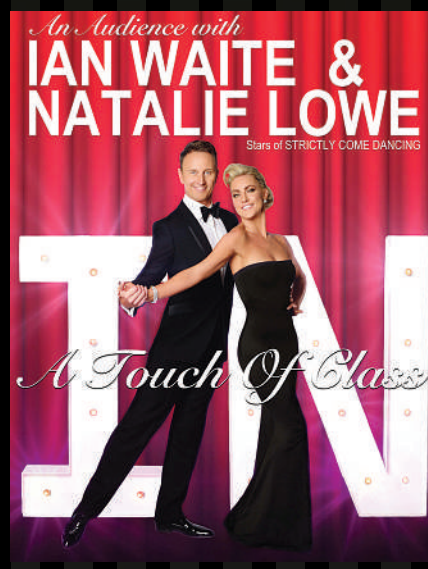
I loved making the finals, but also there were my two dances with Darcey. I danced two showdances with her – once when she was a guest on the show back in 2008, then when she came on the show in 2012 I came back to dance with her again. That was amazing; in the dance world, she is a goddess! To be able to perform with her and be her partner was a real honour. Ballet is a different genre, but we managed to adapt and have something that combined the two disciplines. The 2012 dance I choreographed with Natalie, and a lot of the stuff Natalie couldn't do, but we knew Darcey could – lots of leg things, lots of lifts and adagio stuff. And she was absolutely amazing. She'd just done a performance at the Olympics in London, so was in top condition – and she was awesome. Look it up on YouTube!

**Can you predict when a dance is really going to work well?**

Sometimes you just never know. You think a dance is going to be good and it turns out to be a flop, then you perform another and it's amazing, and gets a standing ovation, and you think: 'How did that happen?'

**Is it partly the audience that changes that?**

Yes – and with the show at The Stable in Milton Keynes where the current show really started, the audience reaction was what really set the show on fire. When we came out onto the stage the audience were nearly on their feet straight away! That gives you a certain energy and confidence to produce your best. It was a great moment.



**An Audience with Ian Waite and Natalie Lowe**

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# All Good Things...

Stamford Shoestring Theatre launches its new season with the true-to-life romantic comedy *Good Things*. Hilary Spiers tell us what it's been like to direct it.

## Hilary, firstly, can you tell us how you got into directing?

I've been a member of Shoestring for about 30 years but I was directing before that. I was on stage from the age of 11 but did my first stint of directing in my early 20s when my husband and I ran a drama club.

## So what skills do you need to direct?

You need to have an overall picture of the play and an idea of the kind of picture you're trying to paint. If I read a play and can't see it in my head like a film running then I know it's not for me. I prefer to direct plays I haven't seen, so I have no preconceptions.



a very painful divorce and is trying to rebuild her life. She does it with a great deal of good humour and wit. She's obviously a really fun person to be around and yet, despite all that, she keeps getting these knock backs. It's a very human piece and something that the audience will definitely relate to.

**IT'S VERY MUCH ROOTED IN EVERYDAY EXPERIENCE, SO I'M VERY MUCH HOPING THAT A LOT OF PEOPLE WILL BE THINKING 'I'VE BEEN THERE' OR 'I KNOW EXACTLY HOW SHE FEELS'.**

## Directing must be a little like conducting an orchestra in that you've got to make sure people bring the right energy to the production.

Absolutely. As well as looking for the obvious peaks and troughs, as a director you are also looking to ensure enough variety to keep the audience engaged while serving the original playwright. It can be easy to go for a quick laugh, but if that wasn't the intention of the playwright then it doesn't serve the play well. By the same token if you're doing a tragedy the audience is always looking for a bit of relief, so you have the chance to bring out some laughter.

## What was it about *Good Things* that made you want to direct it?

I like it because the experiences of the main character will be something a lot of people will have gone through. We've got this lady in her more mature years who has been through

and changing their body language to suit each character. They're the kinds of parts that I would audition if I wasn't directing because they're such a great opportunity.

## Does the setting of the play add a further challenge in that it remains the same throughout the play?

While the entire play is set within a charity shop, there are three scenes that take place at different times of the year so there's the challenge of transforming the shop so it looks like it has got appropriate stock for each season. The first scene is on Twelfth Night, so they're clearing up after Christmas. The next scene is Valentine's Day, so it's all hearts and flowers. Then the last scene is Christmas Eve. There's a very different tone and feel for each. I loathe long scene changes so I'm working the crew hard saying 'can you change that faster?' or 'you can do that more quickly surely!'

## What do you love most about directing?

I love having the opportunity to have a book in your hand and then make a whole world happen out of it. That sounds really pretentious, sorry! But that's what I like to think. And I like to think you're taking the audience on a journey with you – that they are also playing a part because their reactions are hugely important. There's the chance to take the audience to somewhere they've never been, or to challenge something they've never had challenged before. And that's what directing is all about.

## It's all set in a charity shop, in normal life as it were, which must make it all the more real.

It's very much rooted in everyday experience, so I'm very much hoping that a lot of people will be thinking 'I've been there' or 'I know exactly how she feels'.

There are about 16 characters in the play but only four actors. As a director that's just a lovely thing to be playing with. And it's a fantastic opportunity for the actors. It's a bit of a challenge but enormous fun. Only two of the four actors play multiple parts and they are absolutely fantastic at things like accents



## Last chance!

*Good Things* by Liz Lochhead runs from 8-12 March. Hurry if you want a ticket! To book, visit [www.stamfordshoestring.com](http://www.stamfordshoestring.com) or call the Stamford Arts Centre on 01780 763203.



# "OVERSEXED, OVERPAID AND OVER HERE!"



When people think about the massed of ranks of the American Army stationed in England during World War II this legendary British quip often comes to mind. But there was good humoured banter on both sides, with the GIs delivering their own cheeky come-back – they labelled the Brits, ‘underpaid, undersexed and under Eisenhower’. Now Eastern Angles have taken the story of the culture clash caused by the influx of Americans and turned it into a fascinating and moving new theatre production.

**T**ales of our gum-chewing American visitors with their catchy tunes, sharp uniforms and Hollywood glamour have gone down in local history, especially in the East of England where thousands of US servicemen were stationed during the 1940s. This spring, Eastern Angles’ new production *Somewhere in England* brings the period to life, touring over fifty venues across East Anglia and calling at St John’s Hall in Peterborough on Saturday 19 March.

Eastern Angles’ theatre production is part of a wider Heritage Lottery Funded Eighth in the East project – a programme of activities using theatre, archaeology, photography, oral testimony and documentation to highlight this period in East Anglia’s history. As Eastern Angles Artistic Director Ivan Cutting explains, the input from the Eighth in the East project has been invaluable. ‘This is one of those productions I’ve been looking forward to

for so long,’ says Ivan. ‘I knew we had to do a play about the arrival of the Americans one day and to do it in partnership with the Eighth in the East project is just perfect. We have had access to so many memories, so many enthusiasts with their historical knowledge. Now our theatre tour will take in the same geographical area that those famous US planes once covered.’

The first Eighth U.S. Army Air Force aeroplanes arrived in East Anglia in May 1942. With them came huge numbers of black and white American GIs who, in some places, outnumbered the local population by 50 to one. *Somewhere in England*, written by Polly Wiseman, will examine the US Army Airforce’s policy of enforced racial segregation, which meant that black and white military personnel were not allowed to mix socially. This policy led to ‘black nights’ and ‘white nights’ in local village pubs and dance halls – a shocking rule that often bemused and confused many local East Anglians.

‘*Somewhere In England*, to me, is a timeless and universal story of injustice,’ says the production’s director Gari Jones. ‘It goes to highlight the somewhat relentless ignorance that, for me, still exists. Polly’s play and the work of Eighth in the East is attempting to bring to the surface the reality of the war, leaving some kind of legacy before it’s forgotten or becomes a series of untruths.’

This unique moment in history, often referred to as ‘the friendly invasion’, had a huge impact on social and cultural life in the Eastern region and it’s a story that’s in danger of being forgotten. Inevitably, nylons, Hershey bars and jitterbugging to swing bands in the local village hall all feature in Polly Wiseman’s new play, but there was another side to this shared history – a tale of rural communities turned upside down, of youngsters being forced to grow up before their time, friendships forged and then blown apart, and outsiders learning to live amongst the locals.



**Between 9 March and 4 June Eastern Angles will tour this new theatre**

**production to village halls, theatres, art centres and community centres across the region. The show will also appear at a number of site-specific venues such as Debach Airfield Museum in Suffolk and Thorpe Abbotts Airfield Museum in Norfolk where audiences will be able to enjoy talks and tours. But for Peterborough audiences St John’s Hall on Mayor’s Walk is the place to be.**

**To book tickets for this performance contact the Eastern Angles Box Office on 01473 211498 or book online at: [www.easternangles.co.uk](http://www.easternangles.co.uk)**





SING FOR LIFE 2016: SUPPORTING

# SUE RYDER'S THORPE HALL HOSPICE

Of many highly successful charity fundraising projects run by Peterborough Male Voice Choir and Peterborough Voices in the last five years, *Sing for Life* 2014 was one of the very best, involving more than 100 local women, raising many thousands of pounds for Sue Ryder's Thorpe Hall Hospice Appeal, and featuring on ITV Anglia news to boot.

**I**t's *Sing for Life* time once again, and the project will once more be supporting Sue Ryder's Thorpe Hall Hospice, which celebrates its 25th anniversary this year. Having opened a fantastic new state-of-the-art facility last July at a cost of £6m, the hospice needs to raise a staggering £7,500 a day just to cover running costs, providing incredible care for patients and their families.

Launching in June, *Sing for Life* 2016 will engage 40 local women in a 12-week pop-up project which will see them perform live on stage in a charity fundraising concert at Peterborough's much-loved Broadway Theatre in September. Absolutely no previous experience is needed, just a willingness to come along and get stuck in!

Will Prideaux – Director of *Sing for Life* – says 'singing is such a life-affirming activity, and to come together for such a fantastic cause creates a real buzz. It doesn't matter if your previous singing experience has only been in the bath, come along and have a go! We've got a fantastic team of professional vocal coaches and mentors who will have you feeling confident in no time!'

Jo Marriott, Senior Hospice Fundraiser at Thorpe Hall says: 'We're absolutely thrilled that *Sing for Life* will be supporting us once again. This is a wonderful initiative to encourage people to try something new – members of Thorpe Hall staff have been involved in the past and they have enthused about the whole experience and the confidence it has given them. We look forward to following the progress of the project and to working together to fundraise for Thorpe Hall.'

In previous years the project has been inundated with singers, many of whom have gone on to join Peterborough Voices and never looked back! Since 2011 the women have performed with musical greats including Blake, Bernie Nolan, Grimethorpe Colliery Band, Black Dyke Band, the King's Singers, the Royal



Philharmonic Orchestra and the Band of the RAF Regiment, not to mention touring to Italy, where they sang mass in Siena Cathedral, and – in October – to Barcelona to compete in the Canta al Mar International Choral Competition. There's never a dull moment!

Jo Cheung – who joined *Sing for Life* in 2012 – reminisces 'after singing a few scales I was informed I should go and join the Soprano 1 section. I had no idea what a soprano was, but it didn't matter, because from that point on, I was part of something amazing! Without doubt my most memorable moment came last year when I was given the unbelievable opportunity to sing a duet in front of an audience of over 1,000 people with the Royal Philharmonic Orchestra. If someone had told me four

years ago I'd be doing that I'd have thought they were nuts!'

'I've made some great friends doing something I love and that I still find exhilarating, challenging, hard work and utterly rewarding...long may it continue!'

So go on, give it a go, who knows where your journey will lead!



• For further information contact Jo on 01733 425194 or email [info@peterboroughmvchoir.org.uk](mailto:info@peterboroughmvchoir.org.uk)

• Introduction sessions will be at the Broadway Theatre, Peterborough on Thursday 16th and Friday 17th June from 7-9pm.



# Vivacity

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### Flag Fen & Longthorpe Tower reopen this Spring

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Northey Road, PE6 7QJ

#### TICKETS

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STUDENTS & SENIORS,  
£16 FAMILIES  
(2 ADULTS, UP TO  
3 CHILDREN)

For more information  
call 01733 864 663

Longthorpe Tower, Thorpe  
Road, Longthorpe, PE3 6LU

#### TICKETS

£3 ADULTS,  
£2 CHILDREN,  
STUDENTS & SENIORS,  
£8 FAMILIES (2 ADULTS,  
UP TO 3 CHILDREN)

For more information visit [vivacity-peterborough.com/museums-and-heritage](http://vivacity-peterborough.com/museums-and-heritage)



# ART LENDING LIBRARY

The Art Lending Library, created by Glasgow-based artists Zoe Walker and Neil Bromwich, is coming to Metal at Chauffeurs Cottage in Peterborough on the final leg of its national tour. Here, we talk to the artists to find out more about the project and how local people can get involved.

## What is the Art Lending Library?

It's very simple really and follows the same principle as a book lending library. The library allows you to borrow pieces of art to display in your home, office or school for up to a week at a time – and it's free to do so. The library structure itself will be housed at Metal's base, Chauffeurs Cottage, behind the town hall. The structure displaying the paintings and sculptures is an art work in itself. It is made up of multi-functional wooden crates. Each crate houses an artwork and is detachable and ready for transport to people's homes. On returning to the library the crate is re-attached to the body of the library again making it an ever-changing social sculpture. We were commissioned to make it by Market Gallery in Glasgow in 2012.

## What types of work are available to borrow?

There are over 50 works available for loan by a huge range of artists – from photography, painting, sculpture, craft, film and even one or two performances. The artists have been incredibly generous and have gifted their works into the care of the library, to be made available to loan for the duration of the exhibition. Ten of the selected artists are from Peterborough or have strong links to the city including



Artists Zoe and Neil lead the opening parade in Glasgow

photographer Chris Porsz, artist Ann Bellamy, maker Eloise Moody and print-maker Matt Booker.

## What do you hope to achieve with the work?

The project stands in resistance to the tide of narrowing access to the arts and education by creating a world where art can be borrowed and enjoyed by all sectors of society. The diversity of artworks in the library, both international and local, enables borrowers to engage with ideas and conversations that they might not otherwise have experienced. It is important that art fills up our lives (and homes) and filters into the fabric of how we live and enrich our lives.

## How can people get involved?

If you have a bare wall that could do with a focal point, or a table just crying out for a centre piece then you can borrow something for free from the collection. The library loans to individuals, businesses and also schools. You can borrow up to three pieces at any one time. The art works will all be displayed



Artists Zoe and Neil with volunteer librarians in Darlington

online at [www.artlendinglibrary.org.uk](http://www.artlendinglibrary.org.uk) (just click on the Peterborough section) but to loan an art work, you will need to visit Chauffeurs Cottage. Bring along two forms of identification and then have a chat to the lovely librarians to arrange a time for them to deliver and collect.

You can also join in our opening parade on Saturday 5th March. At 1pm, some of the local artists, the volunteer librarians and performers will be welcoming the library to the city by parading through Cathedral Square. Neil and I will then formally hand the library over to Peterborough's care.

There will also be a series of artists talks, family craft activities and film nights to take part in during its time in Peterborough.

## When and where will it happen?

The library opens on Saturday 5th March and closes on Thursday 24th March. It is open Monday to Friday 10am – 5pm (late opening on Thursdays until 7pm) and Saturdays 10am – 4pm. Chauffeurs Cottage is on St Peters Rd, behind the town hall (PE1 1YX).



Artists Zoe and Neil with the structure in Darlington



To find out more visit [www.artlendinglibrary.org.uk](http://www.artlendinglibrary.org.uk) or call Metal on 01733 893077.

Art Lending Library is funded by Arts Council England

# Wendy Dominguez: 50 Shades Of

WORDS BY DAWN BIRCH-JAMES, CEO ART IN THE HEART



Dawn Birch-James,  
Founder and CEO of Art  
in the Heart.

One of our most interesting and painterly artists is returning to Peterborough to stage a solo exhibition (16 April-7 May) at our Art in the Heart gallery on Bridge Street. I remember some years ago seeing an incredibly vibrant and impacting oil painting called *The Field* at one of our local exhibitions. It had so much quality and depth. Wendy Dominguez was the artist.

I've made sure since that Wendy's work is represented in my exhibition spaces. She has exhibited in other key venues

nationally and internationally so when she moved from our area to Devon three or four years ago, I felt that Peterborough had lost one of its greatest painterly painters.

This one-off solo exhibition, Wendy Dominguez: 50 Shades Of, (16 April-7 May) will showcase new work, some of which is a departure from her well-known colourful, textured semi-abstract work. The collection will include new charcoal and collage work as well as new oil paintings in the style we associate more with the artist.

## Wendy Dominguez: Fine Artist

'I moved to South Devon close to the sea in the summer of 2012. Here as an artist I am spoilt by the many great and fascinating aspects of nature and an incredible purity of light. I try to paint every single day. In the last few years, I have been painting landscapes, seascapes, still life, animals, people and portraits using a variety of media: oils, acrylics, charcoal, pastels and mixed media on canvas or board. My paintings originate from my own ideas, concepts and inspirations. With my iPhone in pocket, I am ready to catch pictures instantly. Whether still or with movements, they will go into my large collection of other ideas captured over the years.'

'I see the world as a potential canvas. Something catches my eye: it's the shapes, the colours, the different weathers. Then quite unexpectedly, one of these ideas bursts to the fore and I have to paint there and then as quickly as possible with thick loose vibrantly coloured brush strokes or thick palette knife layers. I'm never quite sure where it's going to take me.'



● **The Private View will be held Friday 15 April, 5.30pm-8pm.** Tickets can be purchased online at [www.artintheheart.co.uk](http://www.artintheheart.co.uk) or at our high street gallery. Included in the £3.00 ticket will be exclusive first access to the exhibition, a free glass of wine, 10% discount on purchases of £30 or more in the exhibition, gallery and gift shop and a donation to our chosen charity Kidneeds.

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● Art in the Heart, 47 Bridge Street, Peterborough  
● Facebook @artintheheart1 [www.artintheheart.co.uk](http://www.artintheheart.co.uk)

### What's On at Art in the Heart March-May 2016

- **Tuesday 1 March** Drawing for Beginners Taster Workshop: pencil techniques. Faye Gagel-Panchal
- **Saturday 5 March** Wet Felted Flower Brooches Workshop. Eve Marshall.
- **Tuesday 8 March** Drawing for Beginners Taster Workshop: 3 dimensional objects. Faye Gagel-Panchal
- **Tuesday 15 March** Drawing for Beginners Taster Workshop. Drawing with Charcoal. Faye Gagel-Panchal
- **Monday 21 March** Encaustic Wax Landscape, Flowers and Abstract Workshop. Carole Boyer
- **Tuesday 22 March** Drawing for Beginners Taster Workshop. Drawing with Pen. Faye Gagel-Panchal.
- **Friday 25 March** Felting Friday. 1 hour taster session. Needle Felted Bird. Eve Marshall.
- **Tuesday 5 April** Drawing for Beginners Taster Workshop. Self Portraits. Stage 1. Faye Gagel-Panchal.
- **Thursday 7 April** Wet Felted Butterfly Brooch Workshop. Eve Marshall
- **Tuesday 12 April** Drawing for Beginners Taster Workshop. Self Portraits. Stage 2. Faye Gagel-Panchal.
- **Friday 15 April** Private View: Wendy Dominguez: 50 Shades of ... Solo Exhibition. Tickets £3.00
- **Saturday 16 April – Saturday 7 May** Public exhibition. Wendy Dominguez: 50 Shades of ... Solo Exhibition. Wendy Dominguez. Free Entry
- **Saturday 7 May** Large Wet and Needle Felted Garden Picture Workshop. Eve Marshall
- **Monday 9 May** Encaustic Wax Landscape, Flowers and Abstract Workshop. Carol Boyer



See [www.artintheheart.co.uk](http://www.artintheheart.co.uk) for more information and booking



# Alison Weir

On 6 May, best-selling historian and novelist Alison Weir will be launching her latest novel, **Katherine of Aragon: The True Queen**, at Peterborough Cathedral. Toby Venables talked to her about the book, the fascination with the Tudors and the line between history and fiction.

## Why launch the new book at Peterborough Cathedral?

For the Katherine of Aragon commemoration day a few years ago I spoke in front of the high altar about Katherine's life, and it was such an experience standing within feet of where she's buried. Then, when I did another event last year, the Dean and the event organisers said: 'Would you come back and launch your book on Katherine at the Cathedral?' Well, I couldn't think of a more appropriate place, and the publishers thought it was a great idea. I really just wanted to raise funds for the Cathedral and have a great event where everyone could come along, have a drink and hopefully enjoy hearing about Katherine. And they are fantastic at the Cathedral – so welcoming to me.

## Tell us a bit more about the book...

It's the first of a series of six. The idea came to me in one of my weaker moments sitting in my agent's office. At the time I had been revising my book on the six wives of Henry VIII, which was going to take years to do, but I was coming across all these new strands of research and thinking: 'I'd love to use that...' And I just thought: 'I could do six novels on the wives of Henry VIII...' I mentioned it to my agent, and you should have seen his face... It was a real 'Yes!' moment.

## Will this book be bringing up anything new about Katherine?

Recent research has shown that almost certainly her marriage to Arthur wasn't consummated. Most British writers have tended to look at the sources available in Britain, and very few people have trawled the Spanish archives. But Patrick Williams – whose biography of Katherine came out about three years ago – spent ten years researching Katherine in the Spanish sources, and came up with things that overturn our preconceptions about the marriage to Arthur. So, that's what's new in this. But it does fit with everything else we know of her. I've always admired her as a historical figure of integrity. I always



thought that she was telling the truth, and now I think it's almost certain that she was.

## You're both a historian and writer of fiction – but what can a novel do that history can't?

I think it takes you on a psychological journey. Each novel is told from the viewpoint of the particular queen, which gives you a rather different perspective than if you're dotting around between characters. You need to get inside your subject's head, and to do that you've got to work out what happens in the gaps that get you from one point to another – what their motives are, what their emotions are, what they are thinking, all the invisible threads that are running through the story. I would call it 'legitimate conjecture'...

## Why is there such a fascination with the Tudors?

They are larger-than-life characters, and it's a very dramatic period in history – a period of great change. But also this is a period for which we have much more evidence on the personal lives of monarchs than in the medieval period. Three reasons for that: the spread of diplomacy, the growth of literacy and printing, and also the fact that Henry's matrimonial adventures – his 'Great Matter' – brought a royal marriage into political and

## Katherine of Aragon: The True Queen, an illustrated talk by Alison Weir

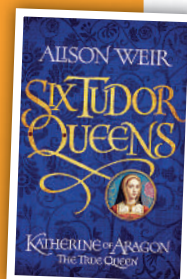
6 May, 7.30-9.30  
Peterborough Cathedral

Copies of the new book and other works by Alison Weir will be on sale during the evening and the author will be available to sign copies after her talk. All the proceeds from this event will go towards the preservation and ministry of Peterborough Cathedral.

● **Tickets:** £11 (£5.50 U18s) including a glass of wine or a soft drink after the talk. Unreserved seating.

● **Tickets are available at:** Oundle Box Office, in person, at [oundlefestival.org.uk](http://oundlefestival.org.uk) and on 01832 274734. Online via Peterborough Cathedral's page at Peterborough Information Centre, in person and on 01733 452336. Peterborough Cathedral Shop, in person.

[www.peterborough-cathedral.org.uk](http://www.peterborough-cathedral.org.uk)



public focus for the first time. You have ambassadors sending reports about every last detail; it's like having a tabloid press at work.

## Next in the series is Anne Boleyn, and you have said it was taking you in some unexpected directions...

It certainly is! I'm not allowed to say what, but I have followed a line of research that no one has ever followed before – to a very startling conclusion... I also found out – from a source that has been in the public domain for a good while but is not well used – exactly what Anne thought about Henry VIII. It does put a whole new complexion on things, and a lot more falls into place.

*eastern angles*

# SOMEWHERE in England

By Polly Wiseman



A wartime tale of forbidden love & a fight for justice

**Sat 19th March at 7.30pm**  
**St John's Hall, Peterborough**

01473 211498    [www.easternangles.co.uk](http://www.easternangles.co.uk)







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# GOOD THINGS

by  
liz lochhead



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# THE GALLERY IS OPEN

Every two years, **City Gallery**, Peterborough throws its doors open to all visual artists. This year, the Open Exhibition is accepting entries from a wider field than ever. Toby Venables talked to Vivacity's Arts Development Assistant Michaela D'Agati about how the exhibiting artists are selected, and how the Open Exhibition is growing.

## What is special about the Open Exhibition?

The lovely thing about it is just how open it is – any artist of 18 or over, any medium, and any type of work. You'd never see such variety of work come together in any other situation, and that makes it very exciting. (Vivacity also runs a Young, Gifted and Talented exhibition which is specifically for young artists, the age group below the Open.)

## I understand you've thrown the net a bit wider this year...

In past years, artists had to come from within the PE postcode area, but we've taken that restriction away this year. It's now open to artists from across the UK, but inevitably entries mostly come from people who are local. We have removed this restriction to encourage more entries and to expand the opportunity to artists from further afield, allowing us to come across more artists with new and exciting works to be seen. Over the past few years

we have been gradually building the profile of the Open Exhibition and the Gallery itself. We hope that our Open will become a recognised event in the UK art calendar, particularly for the Eastern Region.

## How many artists get to be exhibited?

In terms of what we can display we have about 80-100 pieces of work, shown across all three gallery spaces. But this is very dependent on the type of work itself, because paintings, for example, are wall-based and obviously wall space is limited. But if it's sculpture, video, or audio-based work then that gives us more options for curation and display.

## What are some of the more unusual pieces you had submitted?

We've had some unusual craft pieces, and artist's books – where a new story has been made out of an existing story in a book, by cutting out pages and adapting them. Also painting onto unusual or uncommon

materials, such as lace. Often the most interesting works are those that cross over and combine two disciplines, like painting and craft, sculpture and textiles. There is not a specific restriction on the work itself, the one key part of the brief is that it has to be 'visual art'. We've previously had ceramics, installations, video art... We are especially keen to see more digital-based art and also don't actually see that much sculpture, so it would be nice to see more!

## Who judges the entries?

Judges are normally industry professionals who have a high profile in their field, and this year they are particularly high-profile, which is exciting to see. There's Yasmin Canvin who's the director of Fermynwoods Contemporary Arts, a Northamptonshire based arts organisation. Sarah Brown, the Programme Curator at Leeds Art Gallery. Then we've have Dale Devereux Barker who is a regional artist. It is particularly good to have an artist in the mix because they will see it from the artist's perspective, which can be very different from that of a curator.





## How do they make their selections?

It all happens in one day, so it's quite an intense day for them! The works are presented to them, they won't know who the artist is, whether male or female or what age they are, and they decide on the basis of the work itself. Works are then divided into three groups – 'Yes', 'Maybe' and 'No' – the judges then work back through the 'Maybe' groups to then agree on the selection. At that point they're beginning to think a bit more about the exhibition as a whole, and may consider whether the artist is particularly young, for example, so they're not just doing a straight comparison of an artist who has been practicing for 20 years against a complete newcomer. There's often something you can't quite put your finger on when someone is an emerging talent, a potential, and perhaps you want to give them that extra chance. Also, they're starting to see how all the pieces fit together as a show.

## What are the prizes?

First prize is the Maxwell Memorial Prize for the most distinguished work, a prize of £1,000. Then we have Highly Commended, which is £250. This year we have a couple of new awards, too. There's the Best Drawing Award of £250. Drawing is the unsung hero, in a way; it's something nearly every artist does, and the foundation of most practices, but it can often be

overshadowed by more dominant works like painting or sculpture, so it's nice to have drawing recognised with this new award. There is also a Newcomer Award this year, kindly sponsored by Clairefontaine. This prize is open to any artist who has never entered the Open Exhibition with us before and awards a prize of artists' paper and sketchbooks to a value of £100. Then there's the reappearance of The People's Choice Award of £250. Once the show is up and running we ask visitors to vote for their favourite art work – so come along, see the works and have your say!

## And what can it mean for an artist to be selected?

The previous winner of the 2014 Open was artist Nisha Keshav, who won with a series of photographs of the Fens. Out of the Open Exhibition she then had the opportunity for a solo show at City Gallery. This show, titled Lines in the Landscape is now a touring exhibition, so that's an example of an opportunity that may never have happened without the Open Exhibition, and the potential directions showcasing your work in this competition can take you in. But even if you're not successful in getting your work into the exhibition, having your work seen by a panel of industry professionals can be very useful – these influential people are looking at your work – it's like networking, even if you don't get this one it's one more step in being noticed, remembered, and you never know where it might lead you. You can also request comments and feedback from them, which helps you understand where you are in your own practice, and is a very good tool for self-evaluation of your work and its presentation.



**The Open Exhibition 2016**  
18 March-28 May, 10am-5pm City Gallery, Peterborough  
Preview: 17 March 6pm  
[www.vivacity-peterborough.com](http://www.vivacity-peterborough.com)

# ArtsNews

from Vivacity

The Arts Development team has a very busy but exciting year ahead planned, with two fantastic family summer events.

Our first is Myths and Mini Beasts at Thorpe Meadows on 20/21 August. A wonderful family friendly weekend which blends the magical and the natural. Come and be bewitched by storytellers, enchanted by Faeries and captivated by the wonders of nature. There will be Storytellers, Sculptures, Music and lots of Faerie and Beastly shenanigans including the Magic Dust Disco, Mini Beast Quests, Den Building, plus plenty of other interactive workshops to keep everyone entertained.

At the beginning of September, we have 'KeyFeste', a weekend celebration of artistic talent with music, dance, circus, puppets and storytelling, family oriented in the relaxing atmosphere of the Key Theatre and by the Riverside.

After Easter our adult community dance programme at the Key Theatre will start, we have fabulous studio spaces all set to go. The programme will offer a wide range of healthy and fun classes for all backgrounds and abilities plus other high quality opportunities with visiting dance companies and choreographers. There will be classes suitable for beginners, those who would like to have another go at those long forgotten steps and those who just enjoy dancing.

There will be an over 60's dance class with a mixture of ballet, jazz, contemporary and tap. Adult Contemporary and Ballet classes, plus classes for people with a variety of special needs and indeed health needs. All will be good fun, provide positive experiences, social interaction and of course promote health and well-being.

The City Gallery has some tremendous exhibitions lined up over the next three years with workshops for adults, children and families to enjoy together. We have various holiday art workshops which start at Easter ranging from making puppet theatres, sewing to creating 3D worlds.

Vivacity is now managing the significant sculpture collection within the city and we are gradually restoring some of the pieces and will be actively re-siting others over the next year. Peterborough Arch has had a facelift, Bird in Flight will be moving to a new home in Ferry Meadows. Lagoon by Anthony Caro is next to have major restoration work done ready to come back out in public.







# FREE WIFI ACCESS

## IN PETERBOROUGH LIBRARIES

From April this year, all public libraries managed by Vivacity in Peterborough will be offering free public access **Wi-Fi**. You can bring your laptop or other mobile device into any Vivacity library, log in to the wireless network and check your emails, browse the web and even stream media services directly to your device.

### How it works

Free Wi-Fi will be available in all 10 of Peterborough's public libraries and to use the service just look for wireless networks via your device, find the corresponding library name, and click connect.

There will be a short registration page when you first join the service, the information you provide here will allow you to access the Wi-Fi network for future visits to any of these libraries.

Powered by Peterborough City Council with funding from Arts Council England, the free Wi-Fi in libraries programme is designed to enable all people, regardless of background, the opportunity to connect to the internet via their own device and do what they need to do easily, and without fuss.

### Libraries with free wifi

- Central Library
- Orton Library\*
- Stanground Library
- Woodston Library
- Bretton Library
- Dogsthorpe Library
- Eye Library
- Hampton Library
- Thorney Library
- Werrington Library

\*Free Wi-Fi currently only available on Saturdays

### Make the most of FREE wi-fi in libraries by becoming an open+ library member

open+ gives you access to library materials, public computers and quiet, creative spaces to meet or study even while the building is unstaffed, making the building available at times that are convenient to you.

This will now also include access to the free Wi-Fi, which means that during unstaffed hours you can still get online, surf the web, check your emails and download files to your device at a time that suits you.

#### An A-level student says...

*'Being able to get out of the house but still have a quiet place to study has been really useful for my coursework and assignments, but now I can use my laptop online in my local library I can access reference material and shared files from the internet much more conveniently, and I can pick up where I left off at college or at home'.*

- You'll need to register for open+ to use the library during unstaffed hours by talking to a member of staff at your branch.



### A spokesperson for Vivacity says...

**'Thanks to Peterborough City Council and Arts Council England, we will now be able provide free access to the internet throughout the library network. We already provide free access to the internet through our public access computers, and with roll-out of free access to Wi-Fi at every site, we can continue to provide informational, educational, recreational and cultural enrichment opportunities for our library users.'**



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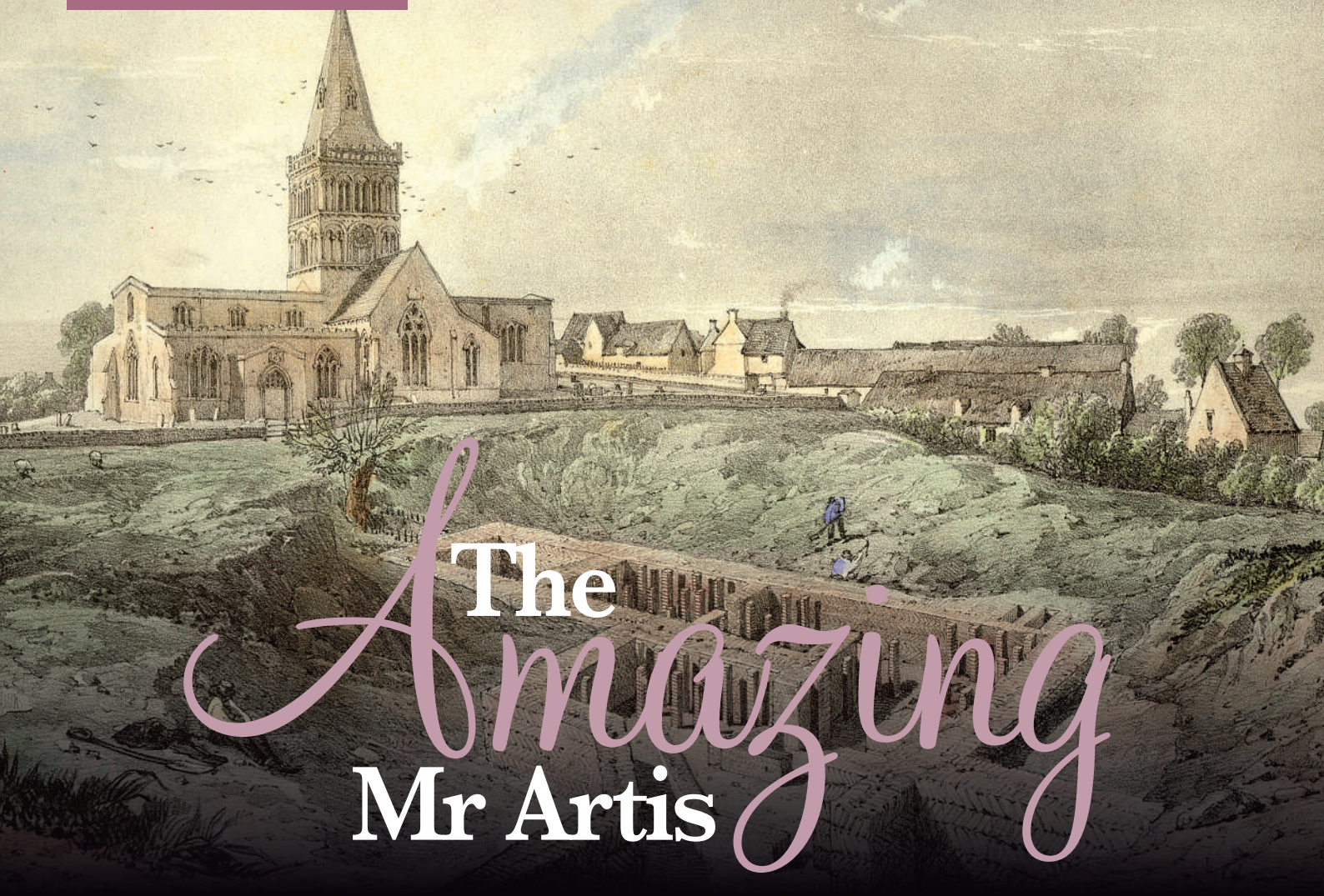
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# The Amazing Mr Artis

In the early 19th century, when archaeology was still an emerging science, a shining new talent emerged. Coming from humble origins, Edmund Artis – archeologist, palaeontologist, geologist, draughtsman, sculptor, cook and master confectioner – not only transformed our understanding of the archaeology of the Nene Valley, but helped to define archaeology itself. His finds and papers were also to form the core of the Peterborough Museum collections. Toby Venables talked to archaeologist Dr Stephen Upex, who, alongside Geoffrey Dannell, has been responsible for bringing much of what we know about this amazing man to light.

## First of all, Artis's background... A humble beginning?

He was born at Sweffling in Suffolk. We don't know the birth date exactly but he was baptised in 1789, on 11 September. And, yes, he does come from a very humble background. We don't know too much about his parents but he clearly wasn't educated very well, and what education he has seems to be because of his uncle, who was fairly well-heeled and appeared to take Artis under his wing. But if you look at Artis's handwriting, for example, it's incredibly wobbly – worse even than mine as an academic! That smacks of a poor education; it lacks the formalisation of the copperplate of the period. The uncle seems not only to have paid for his education, but when he was quite young – about 12-14 – to have provided for him

a job in London in the wine trade, with which the uncle was connected. He also seems to have had some links with producing confectionery and baking, and that's how the Fitzwilliams at Peterborough, his eventual patrons, become involved with Artis.

**“He discusses fossils with the poet John Clare – in fact, there are lots of letters between Clare and Artis”**

## How did the young Artis first come to their attention?

He was clearly very artistic, and the story goes that when he was in London he produced a confection of a ruined castle as the centrepiece

for a great dinner, which Earl Fitzwilliam attended. From that, Artis seems to have been invited to come and work at the big house at Milton Hall, near Castor. He starts out as this lowly worker in the kitchens, but Artis is clearly a grafter, because eventually he works his way up to become House Steward – kind of the equivalent of Mr Carson at Downton Abbey. He's also encouraged by his uncle in Suffolk – and perhaps by Earl Fitzwilliam too – to pursue other interests, and develops an interest in geology. That's his first passion, and in fact he amasses a collection of around 1,500 fossils, collected largely from the coal measures. The Fitzwilliams had very large land holdings in Nottinghamshire which Artis visited, and we know that he went down the mines himself and pulled some of those fossils out of the coal



face. Ultimately, he sells off this collection, and it becomes the foundation of the collection of the Natural History Museum.

### So, in a very short time – and entirely through his own efforts – he becomes quite a significant figure in the field?

Yes. He was elected a Fellow of the Geological Society, which was a great honour (later he is also made a Fellow of the Society of Antiquaries in London, an early archaeological society). He also publishes a book about plant fossils in 1825, called *Antediluvian Phytology*; and we know that in Paris he meets people like Cuvier, the great French geologist, and he even talks to Champollion, who decoded the Rosetta Stone. So, he's moving in quite elevated circles by this time. He's probably also taught himself French, and he discusses fossils with the poet John Clare – in fact, there are lots of letters between Clare and Artis. They went around together and one gets the impression they were mates!

### How did his interests turn to archaeology?

What's interesting is that his fascination with geology comes at a time when the established church and the scientific community were at odds about the notion of the 'creation', and I get the impression from my reading about Artis that the ladies at the big house were looking down their noses at him. He was clearly exploring some difficult areas that were starting to suggest that the biblical account and the great flood weren't all they were cracked up to be. Cuvier in France had the same problem. As time goes on he seems to put his interest in geology on the back burner and moves into archaeology, and we hear that by 1821 he's uncovering Roman mosaics in Castor, below the church. In 1823–4 he carries out quite large excavations there, uncovering a magnificent bath house. What he is actually discovering at Castor at this point is what we now know to be the second largest building in Roman Britain. So impressed was he by its size that he knew it wasn't a villa, and he calls it the 'Praetorium' – sort of a latinised term meaning 'headquarters'. He would not have known what it was the headquarters of, but he realised it was something significant. And he starts to piece it all together, finding mosaics and heating systems, and at the same time is digging villas at Mill Hill at Castor; at Ailsworth he's looking at two more, he comes over to Cotterstock near Oundle and uncovers a mosaic there. He identifies a number of kiln sites, in Normangate Field especially. One of the plates in his book shows all of the buildings within Normangate Field as this industrial sprawl of the local Roman town

Artis's drawing of a Roman pot from one of his excavations



The same pot in the Museum collection.

of Durobrivae, which he also goes into. The interesting thing is he begins to work out how the Roman pottery kilns worked. He is one of the first people to establish a clear definition of what he would term 'fumed ware' – what we now call 'grey ware' – and how it is produced. The Roman potters would feed the kiln in a very different way during the firing, putting straw in to produce a very carbon-rich atmosphere, which literally coloured the pot a grey colour. He was able to differentiate that from the more well known local product – colour-coated Castor ware, where the pots are actually dipped in a slip mixed with iron oxide to give them a brown or blue colour.

### Were these insights from his reading, or simply because he was making the connections himself?

I wouldn't say he was a great reader – he

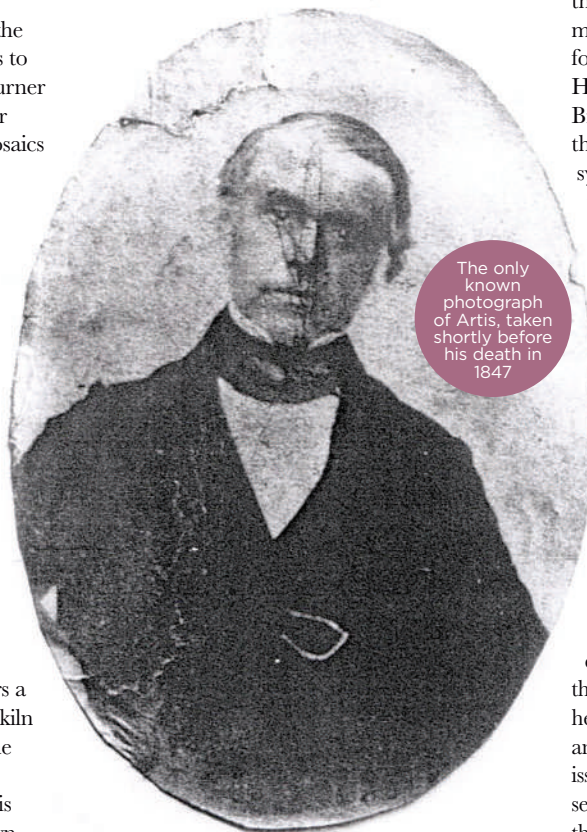
was just an inventive person who was able to put two and two together. But he is also experimenting. He actually fires an experimental Roman kiln in the garden of his house at Castor. He even produces a little wax model showing how the kilns operated, which is now in the V&A, and there is a wonderful illustration from his book which shows his excavation of a pottery kiln. We know John Clare used to come down to visit the excavations and in one of those images we may even be seeing Artis telling John Clare where to dig!

### How important is Artis as an archaeologist, and how important is he to archaeology in general?

Artis comes just at this moment when there's a great watershed between antiquarianism, where people just dug things up and described what they saw, and modern archaeology. Artis is essentially the founding father of Nene Valley archaeology. He is also, therefore, a founding father of British archaeology, because he is one of the first people to work out the layering system on archaeological sites – what today we call 'stratigraphy'. He understood how sites are laid down, built up like an enormous sandwich cake, layer upon layer with the oldest layers at the bottom and the most recent at the top. His excavation techniques are pretty rudimentary, but they show a way forward, and it's on Artis's methods that archaeologists today are still operating.

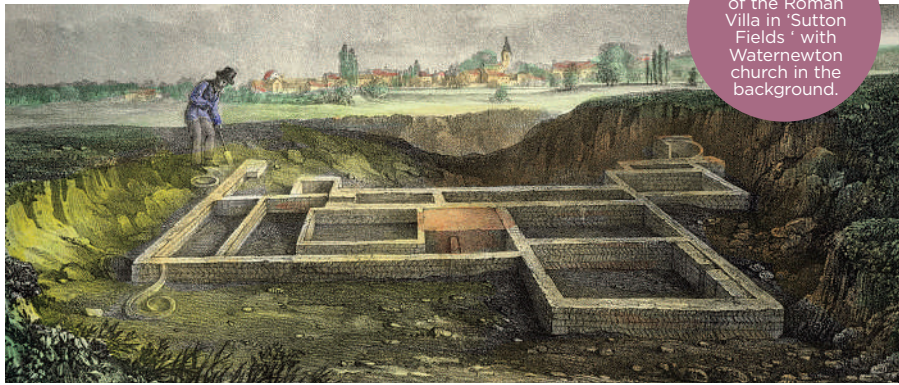
### Much of what he excavated is recorded in his most famous book. How did that come about?

Things come to a head in 1823, when he decides he wants to publish, encouraged by the Society of Antiquaries. To facilitate this, he establishes a subscription list. So, the great and the good cough up some money, and he issues various plates from 1823 onwards in a series of what are called 'fascicules'. Each of these consisted of eight plates or illustrations



The only known photograph of Artis, taken shortly before his death in 1847





Artis's view of the excavations of the Roman Villa in 'Sutton Fields' with Waternewton church in the background.

which he would post out to subscribers. Then, when he got more money in, he would post out another eight, until by 1828, the fascicule run was complete and, bound together with some additional illustrations, becomes his great book of 1828, called *The Durobrivae of Antoninus*. He's referring to the Roman town, Durobrivae, and also to the Roman emperor Antoninus, which is probably because Durobrivae is mentioned in *The Antonine Itinerary* – a Roman register of the stations and distances along various roads. The Durobrivae, as it's now commonly called, is a magnificent volume with colour plates, which his daughter is reputed to have hand-coloured. And it's very much a coffee table kind of book, meant to grab the attention of ladies in their crinolines with its rich illustrations – the type of thing that antiquarians were producing 50-100 years before. All the illustrations, which are lithographs, are drafted by Artis himself, who was an excellent artist. The key difference, though, is that when you turn the leaf showing the wonderful view, the next page has a plan, or cutaway sections of what he thought he had found.



### It seems he also had a rather turbulent personal life...

Yes! In 1826, for example – for reasons that we don't quite understand – Artis is suddenly paid off by Earl Fitzwilliam. It looks as if he has got a woman into trouble in the London social circle, someone quite close to the Fitzwilliam household. Who it is, we don't know, but there is a wonderful letter which describes Artis as a rather poor little man who should have known better, and the implication is that the woman dies in childbirth. That is a turning point for him, because he has to find somewhere else to go. At that point he buys the Race Club at Doncaster, where he goes back to his culinary roots and becomes in effect the 'maitre d' of the Club house, serving up great suppers that include real turtle soup – a big hit during St Leger weekend. That carries on for about ten years, after which he sells the Club and comes back to Castor to work on the Duke of Bedford's land. He's obviously still got an eye for the ladies, though, because he goes to the Crown at Elton, where his sister has married the landlord, and the next we hear about it is in the Elton Poor Relief record, where he's paying for the upkeep of Susan Howe's bastard son!

### And the archaeology continues..?

Even though his health is failing in the 1830s and 40s, he keeps on digging, even camping out in the winter. And the finds keep coming. In 1841, he's digging at Bedford Purlieus when he finds sculptures of hunting dogs that must be an allusion to Diana, the huntress, and can only come from a temple. Then in 1844, he finds three life-sized figures of Minerva, Hercules and Apollo. Amazingly, the Minerva still survives in the Duke of Bedford's collection

at Woburn, and its a massive statue – one of the finest in the East of England. Then comes criticism from the archaeological world, relating to his first volume, because it was all pictures, and no text. So he decides to correct that by producing a second volume, with more text. He says he's taking out a subscription list, and tells us he has spent £300-400 on getting illustrations prepared – a lot of money for 1844. But what happened to that volume is an absolute mystery. There is no indication that it survived anywhere. There is a lovely story that Mrs Artis, having suffered the indignity of her husband's many indiscretions, made a bonfire of it after he died, but there is no actual evidence for that!

### Clearly he has strong connections in the area, but how does the link with the Museum come about?

The link with Peterborough Museum is that much of his Artis's collection – artifacts, books, vast quantities of pottery and other finds – comes to the Museum through the good offices of the Peterborough Museum Society (of which I'm actually the current president). The Society was being organised in the 1870s and 1880s, and was gathering collections from the great and the good in the Nene Valley, and people had a lot of Artis's stuff, which then formed the foundation of the Museum collection. And there are pots illustrated in the 1828 book which are still in the Museum today, along with a lot of Artis's notes. And it's not just Roman archaeology. In the back of his 1828 book – and this is very topical, given the recent discoveries at Must Farm – Artis shows a wooden canoe, excavated from Whittlesey Mere. He had a very wide interest in all things archaeological. He's buried in the churchyard at Castor, and there's a wonderful local legend that he was buried standing up, so he could look over towards Normangate Field where he'd spent so many happy years excavating!

### What is it that made Artis so remarkable?

He had an innate ability. And he is a fascinating character – a multi-talented character, really. I've been exploring his life for the past 20 years because he brings to the table so many different aspects, at a time when people could forge a career for themselves in quite an interesting way. Certainly it would have been a sad waste to archaeology had Artis remained as a labourer in Sweffling..

Artis's gravestone outside the south porch of Castor church.



#### Peterborough Museum

Priestgate Peterborough PE1 1LF

01733 864663 [museum@vivacity-peterborough.com](mailto:museum@vivacity-peterborough.com)

[www.vivacity-peterborough.com/museums-and-heritage/peterborough-museum/](http://www.vivacity-peterborough.com/museums-and-heritage/peterborough-museum/)

- Open Tuesday to Sunday, 10am – 5pm (last admission 4.30pm)
- Open Mondays (School holidays and Bank Holidays), 10am – 5pm (last admission 4.30pm)
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- Closures over holiday periods vary, please contact the Museum for more information.





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IDEA1 promotes all cultural events, performances, workshops, talks, exhibitions and activities happening in Peterborough and the surrounding area.

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- Programme details about Peterborough Presents, the consortium of local artists, arts organisations and communities working together to create great art in our city.
- Information about training, funding, commissions and useful links
- After school and holiday activities for young people
- Short films of artists talking about their projects as they develop.

Many of the events advertised are free and it's an easy way to find a fun activity or an opportunity to participate. See [www.idea1.org.uk](http://www.idea1.org.uk) or contact [ruth@metalculture.com](mailto:ruth@metalculture.com) to find out how you can submit your own events.

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# EXPLORING A LOST WORLD

In 1982, routine drainage works on the outskirts of Peterborough revealed a unique ancient monument: a kilometre-long Bronze Age wooden causeway and platform, preserved for 3,500 years in the wetland. Consisting of 60,000 posts driven into the ground in five parallel lines and hundreds of thousands of horizontal planks, the site is believed to have been built and used by these prehistoric people as a place of worship and ritual for more than 1000 years. Now, ever more dramatic finds at nearby Must Farm – which have caused it to be dubbed ‘Britain’s Pompeii’ – are revealing the full extent of the Fenland community that once lived here.

**W**hen Flag Fen was first opened to the public as a visitor attraction in 1987 it was already recognised as one of the most important archaeological sites in Europe. Now consisting of over 20 acres of park, Flag Fen recreates a prehistoric landscape complete with the Bronze Age reconstructed roundhouse, enabling visitors to make a personal connection to the past by entering a space that would have been familiar to ordinary families thousands of years ago.

Here, visitors can view a preserved section of the ritual causeway, whilst the museum offers the chance to see a selection of the artefacts discovered during excavations, including weapons, tools, jewellery, a pair of perfectly-preserved bronze shears – complete with their wooden box – and part of a wooden wheel, the oldest found in England.

All this would have been remarkable enough, but more recent discoveries at nearby Must Farm have brought about a further, radical shift in perspective. The Must Farm area had long yielded significant

artifacts, but it was the discovery of the Must Farm boats – eight Bronze Age log canoes in a stunning state of preservation – that really caused a stir. As Ian Panter, Principal Conservator at York Archaeological Trust said at the time of their discovery in 2011-2012: “It’s really the most incredible find.

**“SEVERAL POTS PRESERVED IN THE SILT HAVE FOOD STILL IN THEM”**

During my 30-year career I have only been asked to work on three individual Bronze Age boats, but now I have eight to conserve all in one go!” Many were virtually intact and some had elaborate features including lifting handles, grooves for transom boards and evidence of decoration.



Dan Barrett

What was really significant, however, was not so much the artifacts themselves, but what they had to say. All showed signs of extensive use – and repair – and taken together hint at a community that is ‘farming’ the fenland landscape on an industrial scale. Flag Fen, it seems, was just the tip of the iceberg – one part of an extensive and elaborate settlement that dominated this part of Britain.

Such was the importance of the boats that they may easily have ended up in London, but strenuous efforts kept them in the region – in fact, they traveled just two miles, to Flag Fen, where they are undergoing conservation by a team of experts to preserve them for future



generations. 'It is tremendously important that the Must Farm boats were brought to Flag Fen, because they are part of the same story,' explains Mark Knight from Cambridge Archaeological Unit. Mark worked on the excavation and is one of Britain's leading prehistoric and wetland field archaeologists. 'The boats arrival at Flag Fen represents a kind of "coming home" because both the boats and the causeway discovered at Flag Fen in the 1980s and now on display to the public, represent novel kinds of conveyances in a landscape fast disappearing beneath rising waters. Both Flag Fen and Must Farm sit at the very edge of a lost world.'

It would appear the boats were not the only novel kinds of conveyance that Bronze Age Peterborians made use of. The Parkways may have been over 3,000 years away, but the enterprising locals were no strangers to wheeled vehicles. In February this year, during the excavation of as many as five roundhouses dating from about 1,000-800 BC, the media was buzzing with the discovery of a wooden Bronze Age wheel. Whilst not quite as old as the example from Flag Fen – 1,100 to 800 BC, as opposed to 1,300 BC – it is complete, making it the oldest complete wheel of its type in Britain.

Nearby, the spine of an animal at first thought to be a cow is now thought to be a horse, and it has been suggested that the wheel belonged to a horse-drawn cart. But this raises further questions. These roundhouses were raised on stilts, above the water – so what is a wheeled cart doing here?

Other mysteries abound, not least of which is the cause of the disaster that struck the roundhouses. The 'Pompeii' comparison is not simply a poetic one; a burnt layer shows that these houses were destroyed by fire, collapsing into the fen – so rapidly, in fact, that several pots preserved in the silt have food still in them. Amongst other discoveries, there are glass beads – highly sophisticated for this period.

Duncan Wilson, chief executive of Historic England, which is jointly funding the excavation with landowner Forterra,



Dan Barratt



commented: 'A dramatic fire 3,000 years ago, combined with subsequent waterlogged preservation, has left to us a frozen moment in time, which gives us a graphic picture of life in the Bronze Age. This site is of international significance and its excavation really will transform our understanding of the period.'

Sarah Wilson, Vivacity's Interim Collections and Archives Manager, explains how the excitement surrounding the finds and the expertise they draw to the area offer unique educational opportunities. 'With the introduction of Prehistory on the revised History National Curriculum for Key Stage 2 we devised a new session called "Exploring Prehistoric Life". In 2013 schools trialled the new curriculum and the session was reviewed in readiness for the start of the

## EDUCATIONAL EVENTS AND EXPERIENCES

Currently Flag Fen offers the following opportunities for schools all throughout the year:

### ● Exploring Prehistoric Life (KS2)

A full day of handling, craft, guided tours and storytelling in a roundhouse!

### ● Dig It! (KS2&3)

Another full day that includes a dig experience in the Big Dig Tent's mock archaeology pits.

### ● Guided tours (KS3+)

### ● The Science of Archaeology (KS4+)

Investigate why the archaeology at Flag Fen has survived so far and what factors could affect the underlying archaeology in the future.

### ● For more information about school visits:

**Website:** [vivacity-peterborough.com/learning](http://vivacity-peterborough.com/learning)

**Email:** [museum.education@vivacity-peterborough.com](mailto:museum.education@vivacity-peterborough.com)

**Phone:** 01733 864 700

● Flag Fen reopens to the general public on Saturday 26 March. For more information, please call 01733 864468 or e-mail [flag.fen@vivacity-peterborough.com](mailto:flag.fen@vivacity-peterborough.com)

● Check the website for Easter events and our lecture series including Must Farm Platform, 21 March [www.vivacity-peterborough.com/museums-and-heritage/flag-fen](http://www.vivacity-peterborough.com/museums-and-heritage/flag-fen)

### ● Follow Flag Fen on twitter:

@VivacityFlagFen

### ● Follow Schools on twitter:

@VivacitySchools

### ● For Must farm info, visit:

[www.mustfarm.com](http://www.mustfarm.com)

new academic year 2014/15. In 2013/14 we saw our numbers for school visits slowly rise to 2,530 and last year we saw a leap in numbers of more than 100% – an unprecedented increase in school numbers.'

With ever greater finds coming to light, and the Must Farm archive destined to become part of the Peterborough Museum and Art Gallery collection, the relationship between Flag Fen and Must Farm looks set to grow and grow, stimulating even more interest.

All of this, ultimately, could make Flag Fen one of the most significant locations in the UK not only for archaeology, but for the active study of this period of prehistory – a nationally important Bronze Age centre once more.

## GET INVOLVED!

There are lots of ways people can get involved with Flag Fen – from helping to keep the grounds and gardens under control, to fixing things like picnic benches when they need it, to welcoming visitors to the site with the front of house team.

Anyone who wants to volunteer should contact [volunteering@vivacity-peterborough.com](mailto:volunteering@vivacity-peterborough.com) or phone Gill Benedikz on 01733 864775 to register and discuss the opportunities.



For more info on volunteering see webpage [www.vivacity-peterborough.com/vivacity/support-us/volunteering/](http://www.vivacity-peterborough.com/vivacity/support-us/volunteering/)





# PETERBOROUGH WWI PROJECT

January 2016 saw the launch of [www.peterboroughww1.com](http://www.peterboroughww1.com) – a heritage website offering a unique insight into the lives of soldiers during the First World War. The project is based around a guestbook in which traveling soldiers recorded their final thoughts – messages, doodles, drawings and poems – before they went away to the trenches. Many of them never returned. To mark the 100th anniversary of the book's entries, a team of staff and volunteers at Vivacity has digitised and transcribed its contents to create a unique, interactive online resource. *The Moment* talks to WW1 Project Officer Beverley Jones.

## What is the guestbook, and why is it significant?

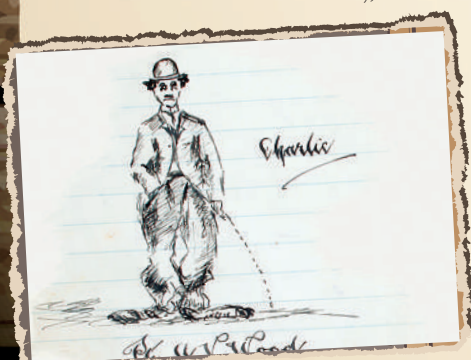
There are two slim volumes that came from East Station, Peterborough, covering 1916–1917. They were in a tearoom that was run by the good ladies of WUTAC (Women's United Total Abstinence Council), whose

aim was to provide tea and comfort for men traveling through the station. Those men were traveling for many different reasons: going to and from the Front; home on leave; attending hospital appointments... Many were going to training camps in the area – we have a lot of entries from the Machine Gun Corps who were stationed at Belton Park in Lincolnshire. And as the soldiers were traveling through, passing time, having a cup of tea and a slice of cake, they also wrote in the book. They wrote poems, lines of thanks, made sketches – there's an amazing sketch of Charlie Chaplin in there – some very chipper comments, some very sombre.

## How many entries are we talking about?

There are 586 entries in total, but some

are in the guest book twice because they signed on the way in and the way out. There are lots of army regiments, but also the Royal Navy and Merchant Navy, and we've even got a couple of policemen from Warwickshire. The Royal Flying Corps at that time was actually part of the army – the RAF didn't exist until 1918 – but we've got a lot of entries from the Royal Flying Corps as well. It gives quite an insight into the different levels of education; some are in beautiful copperplate handwriting, others have just signed themselves as 'a farm boy from Essex'. But there are entries written in Latin, in French, Irish Gaelic... There's a Belgian, two Australians – we've actually traced the daughter of one of them, who is still alive, and have been in touch with her – a South African and a couple of Canadians.



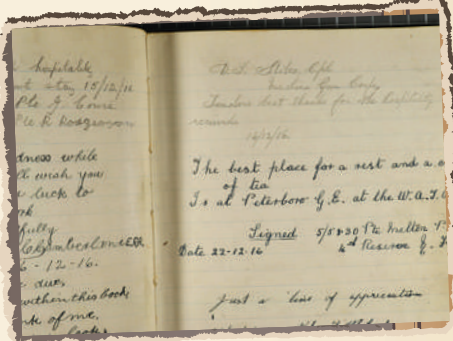


## This sounds like it could be a major resource...

Yes! All the names of the servicemen in the entries have been loaded onto the website with the brief details we have, but now we're starting to research into each story, and we'll be adding to it as we go along over the next 18 months to two years. What we want is for people to have a look, see if they recognise a name, and if they've got any information or photographs, for them to get in touch with us – but also to keep coming back and checking the website, or follow us on social media, because we'll continue to find out interesting things. There may be a family name you recognise there, but it can also tell you more generally about their lives, giving a real insight into servicemen's feelings and thoughts during that time.

## So, this is a growing resource, to which people can contribute?

Absolutely, and we'll keep revisiting the entries and hopefully people will get in touch so that we can add more information. The whole idea is to try to find descendants, so they can actually see something tangible – where that person was and how they felt on that day. There are going to be school programmes as well, and educational materials and poetry workshops are being



developed using the stories as a resource. We've got a touring exhibition featuring five panels with all the information on, and there'll be a big exhibition when the project ends in January 2018 (though the website will stay live after that date). That will take place at Peterborough Museum and will include creative writing, recorded performance, audio and digital projection. There's also a section on the website for historians who want to put up information relevant to Peterborough's history during the war, so we're very happy to hear from them too. It's really a social history project, trying to find out what happened to these men – what walks of life they were from, what was their story after the war, and finding descendants alive now. We've already been in contact with six descendants. We actually found the niece of one man when we launched, and when the story was covered the 92-year-old daughter also got in touch. The niece and daughter hadn't met, but now will thanks to the project.

## 4TH JUNE 1916

Pain seems to be a door into the realm of conscious experiences. It is true that we say when we are passing through it, I cannot think of anything today because I am in such pain! I hardly know what to do for the pain; and yet when it passes away, we are sensitive to a host of impressions that we before ignored. Rest, companionship, the scent of flowers, the pleasure of simple foods, the joy of sleep, all are ours in a new way; we have a new experience of them. And friends as they watch us after we have come out of the darkness, notice a growth in sympathy and self control, a larger and more thoughtful view of things.

G.H.S. Walpole  
Pte. J.R. Luke.  
3/2 N. F. A. R.A.M.C.  
June 4th. VI. 16

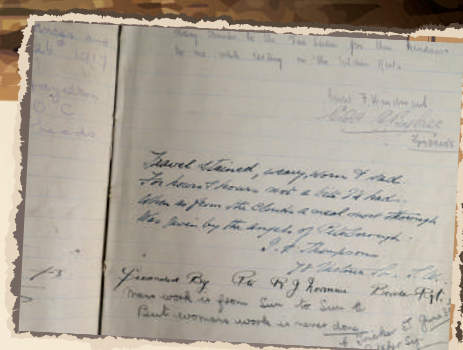
## What kinds of entries did those soldiers write?

Some are very optimistic, some very sombre. Some people just mirror what people have put before them, but then there are entries like that by Private Luke, in the Royal Army Medical Corps, who on 4 June 1916 writes a long poem about pain. Clearly he was very well educated, but it's very sad. Then there are entries like: 'Here's to the happiest days of my life, spent in the arms of another man's wife...' Then he adds: 'My mother'. That one's from Lowestoft.



# WWW.PETERBOROUGHWW1.CO.UK

Period photos courtesy of Peterborough Local Studies and Archive Service



But anyone can explore all these on the website. Clicking on the book brings up the transcribed text, which is often a bit easier to read. The words you read in this book reveal exactly how those people were feeling at that time. We're very lucky to have such a unique resource.

## How has the project been realised?

It's the volunteers, really, who are driving this project. We've got 17 volunteers, and they're the ones who have transcribed all the books. The books were initially digitised, then transcribed, and every entry has been typed up twice – each by a different person, so we can check and come up with a definitive version. We still may have got some things wrong, because sometimes the handwriting is very difficult to read, but again that's where people can help, if they recognise a name where we have the initial or spelling wrong we'd like them to get in touch so we can update our information. Many of the volunteers are now doing the research into the men who wrote in the book, and others are working hard getting all the information onto the website and keeping it updated. They're doing an amazing job – a very committed bunch! We wouldn't have a project like this without them.



# Celebrating the Brontës

The bicentenary of the birth of Charlotte Brontë in April 2016 launches five years of anniversaries for this extraordinary family, including a special local author event that month at the John Clare Theatre. All died tragically young, yet their impact on the world of literature was immense – and it all emanated from a gloomy parsonage on the edge of the moors...

**I**t was 1820 when Patrick Brontë – an Anglican priest of Irish origin – was appointed as ‘Perpetual curate’ of Haworth, a nondescript industrial town in the West Riding of Yorkshire. He brought with him a Cornish-born wife Maria, and six children. Haworth remained the family’s home for the rest of their lives, with the moorland setting and their curiously isolated existence having a profound influence on the writing of daughters Charlotte, Emily and Anne.

No one could have imagined then that they were to become the world’s most famous literary family. According to the Brontë Society: ‘To find two writers of genius in one family would be rare, but to find several writers in one household is unique in the history of literature. Charlotte and Emily are ranked among the world’s greatest novelists; Anne is a powerful underrated author, and both their father, the Revd. Patrick Brontë, and brother Branwell also saw their own works in print. The Brontës, published



Courtesy of the Brontë Society

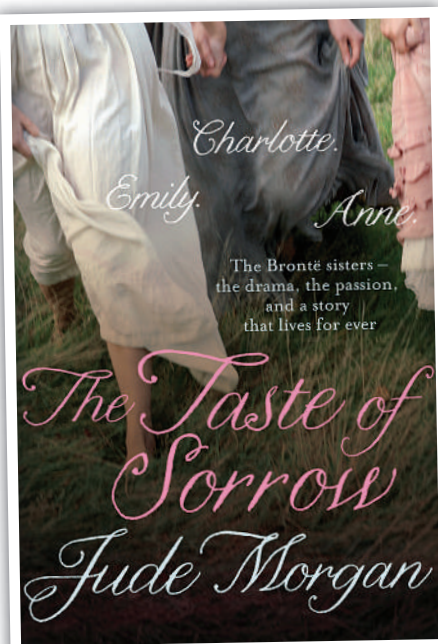
under the pseudonyms of Currer, Ellis and Acton Bell, were acknowledged at the time for their directness and powerful emotional energy, qualities which were sometimes interpreted by the critics as “coarse” and “brutal”.

● **Charlotte** was born on 21 April 1816, and was the eldest of the siblings to reach adulthood but the last to die. She wrote *Jane Eyre*, *Shirley* and *Villette*, and died on 31 March 1855, aged 38.

● **Branwell** was born in 1817 – the only Brontë brother. He was a writer and painter and died in 1848, aged 31.

● **Emily** was born on 30 July 1818, wrote *Wuthering Heights* but died of tuberculosis aged 30 in December 1848, just two months after the same illness killed her brother Branwell.

● **Anne** was born on 17 January 1820, and wrote *Agnes Grey* and *The Tenant of Wildfell Hall*. She died in May 1849, aged 29.



## The Lives of the Brontë Sisters

A Talk by Author Jude Morgan

● Saturday 23 April, 1pm

John Clare Theatre,  
Central Library

£5 (£4 concessions)

Book in advance at any library or  
Waterstones Peterborough

Celebrating Charlotte Brontë’s bicentenary, this talk will give a fascinating insight into the lives of Charlotte, Emily and Anne, revealing the drama, the passion, and a story that lives for ever...

Once upon a time there were three sisters, bound by love and suffering, growing up in wild isolation in a lonely house on the moor. Their story is one of passion and closeness; a struggle against the world; a determination to rise above the fates of their parents and their other lost sisters, to become more than the world ever thought they could be. They were the Brontës.

Jude Morgan (Tim Wilson) was born and brought up in Peterborough. He was a student on the University of East Anglia MA course in creative writing under Malcolm Bradbury and Angela Carter. He currently teaches at City College Peterborough.

Inspired by the contrast between the narrowness of their circumstances and the brilliance of their imagination, Peterborough author Jude Morgan wrote the novel *The Taste of Sorrow*, a fictionalised account of their lives. In a special event at the John Clare Theatre, he will be talking about the book and the research behind it, bringing to life the reality of the Brontës’ lives.

[www.vivacity-peterborough.com](http://www.vivacity-peterborough.com)





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CATHEDRAL





# Capably Splendid

England's greatest Elizabethan house is gearing up for a bumper season as the 'Year of the English Garden' combines with the 300th anniversary of parkland and garden designer 'Capability' Brown to make Lincolnshire's Burghley House this year's must-visit destination

**T**his year marks the 300th anniversary of the birth of Lancelot 'Capability' Brown, regarded as the father of landscape architecture. Burghley's connections to the landscaping visionary have seen it feature among top 2016 travel hotspots in the likes of National Geographic Traveller and Le Monde – and now The Moment!

Burghley House is believed to be Brown's longest commission, during which he not only landscaped the grounds but, perhaps less well-known, constructed buildings. Brown had a great affection for Burghley, recalling his work at the house, on the edge of Stamford, as "25 years of pleasure".

It is his work designing the parkland and

gardens of Burghley House that is most appreciated by today's visitors. And as Britain gears up for a year of celebrations to mark his tercentenary, Burghley has just completed a major parkland project, part of which has helped to restore the views that Brown originally created.

## Vistas and views

'Capability' Brown's quarter-of-a-century association with Burghley began when the 9th Earl inherited the estate in 1754 and employed him to mastermind the modernisation of the grounds. Many of the estates avenues and formal gardens were swept away in favour of a more natural style that Brown was pioneering at the time. The Serpentine Lake was created



and intimate groups of trees were planted around the park's perimeter to provide visual context while helping the earl to indulge in the new sport of game shooting.

As well as adding his mark to the garden and parkland, with sweeping views down to the stone buildings and church spires of Stamford, Brown constructed extensive stables, a fashionable Orangery (now Burghley's popular restaurant) and a gothic garden summerhouse.

Today the park retains a largely 'Capability' Brown feel. And now, centuries after he worked his magic on the landscape, the original views and vistas he created have been restored as part of the estate's Parkland Management Plan. By re-creating the natural look Brown had designed Burghley hopes that visitors will be able to enjoy his landscaping vision in all its glory.

The landscape work was supported, in part, by funding from Natural England's Higher Level Stewardship scheme, which Burghley entered into three years ago. Funding has also come from the Rural Development Programme for England (RDPE). The completed work makes the estate one of the key British sites marking Brown's anniversary this year, with a host of events and activities being held throughout the country.



## Celebrating genius

There's a lot planned for this year. At Burghley the restored views in the free-to-enter parkland will be accompanied by a new self-guided trail revealing the results of Brown's landscaping genius, including its key vistas and the famous Lion Bridge.

Inside the house visitors can discover more about his eye for perfection in a special exhibition 'Capability' Brown at Burghley'. Discover the life and work of the great gardener and learn about his influence on the grounds and his masterpieces as Brown the Builder. There's also the chance to put a face to the man himself, as Burghley is home to one of only two portraits of Brown, on display in the State Rooms.

Other events are also planned, including a series of lectures and special group tours that will offer a more in-depth exploration of Brown's landscape and architectural designs during his association with Burghley (see box on next page).

## Year-round appeal

Of course there's more to Burghley than Brown. As well as the usual mix of events, gardens and free-flow tours of the house with its huge collection of treasures, 2016 once again sees the return of Burghley Film Festival (27-31 July) featuring classic movies, Hollywood blockbusters and children's favourites. This year







promises even more film fun with major movies lined up alongside barbeque food, themed cocktails and family entertainment. Details of the films being shown can be found on the website and tickets are now on sale.

This year also sees another royal celebration as the nation marks the Queen's 90th birthday. Burghley – built by the first Queen Elizabeth's chief minister William Cecil – will commemorate this major milestone with a floral tribute to Her Majesty in the annual Flower Festival (1-9 October), which this year is themed on The Royal Households of Europe. For youngsters there will be a chance to become a queen or king for the day during one of the summer workshops.

Foodie fans will enjoy Burghley's Fine Food Markets staged in the cobbled courtyard with the house as its spectacular backdrop. The spring market runs over the weekend of the 9-10 April, when more than 30 local suppliers will celebrate the quality and taste of local produce with their selection of handmade

cheeses, artisan breads, organic vegetables, luxury sweet treats and rare-breed meats. Other Fine Food Markets run on 25-26 June and 28-29 August with a special Christmas market on 26-27 November.

Among the most popular annual events returning this year is the 12th annual Battle Proms, one of the country's premier picnic proms, offering an evening of soul-stirring classical music on 9 July. Cue cannons, cavalry, fireworks and a Spitfire display!

Ending the season will be the Burghley Pumpkin Trail (15-30 October) and Spooky Tours (17-31 October), which this year will see new routes and even more spooky surprises, while Christmas at Burghley will be the biggest yet, featuring festive food and a craft fair.

It's a truly packed year at Burghley with more than ever to celebrate. The lasting legacy of 'Capability' Brown is something our region should be proud of. And with those timeless views to admire, this season there's no better place to be than Burghley.



## Burghley House

Stamford, Lincolnshire PE9 3JY.

● Burghley House and Gardens are open until Saturday, 30th October. For full details of opening times, all events and to book online tickets, visit [www.burghley.co.uk](http://www.burghley.co.uk) or telephone 01780 752451.

● The parkland remains open daily from 8am to 6pm or dusk if earlier. Parking and admission to the parkland is free of charge, and dogs are allowed when kept on a lead.

## Talks and walks

Part of a group? Then take advantage of one of Burghley's specialist days and immerse yourself in the world of Lancelot 'Capability' Brown

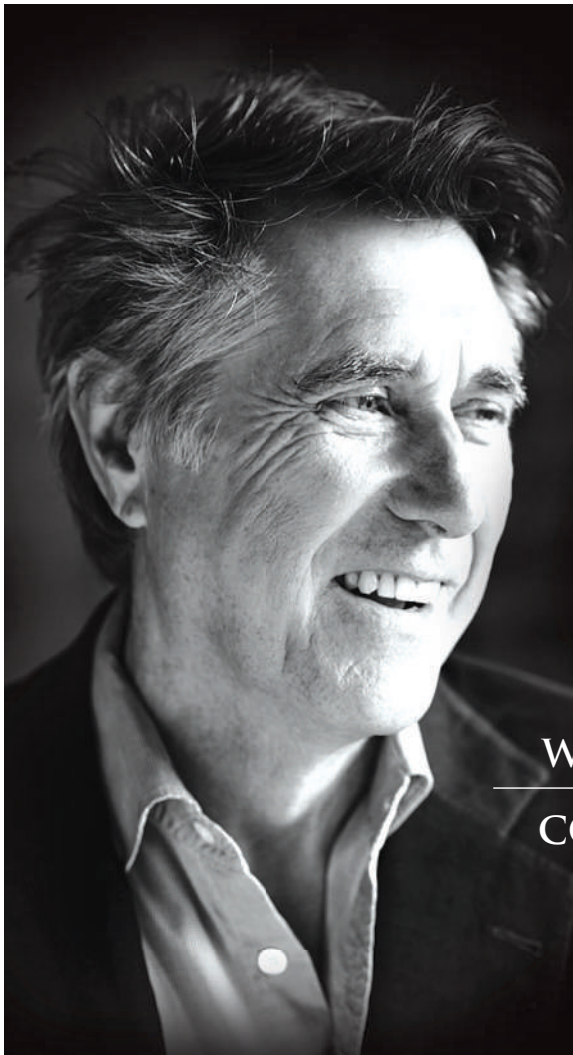
● **Introductory talks:** A 20 minute informal introduction over tea, coffee and biscuits. This talk gives an overview of the history of the house, family and Brown influence on the parkland and house. Bookable for groups of 20 or more between 10.30am and 11.30am. £18.70 per person.

● **Changing Landscape at Burghley:** This full day experience gives a thorough exploration of Brown's influence at Burghley. After arrival tea and coffee, lectures will be given with emphasis on Brown's work at Burghley. Afterwards there will be the opportunity to view the 'Capability' Brown Exhibition before a soup and sandwich lunch in the Orangery. The afternoon session will feature a guided tour of the parkland. Bookable for groups of 20 from 10.30am to 4pm. £50 per person.

● **The Gardens at Burghley:** A lecture over tea, coffee and biscuits with the head gardener, viewing of the 'Capability' Brown Exhibition and a tour of the Private South Gardens with views of the Summerhouse, Lion Bridge and South Facade, and Gardens of Surprise, including the Sculpture Garden, originally Brown's lost arboretum. Bookable for groups of 20 from 10am to 12.30pm. £20 per person.

● **Brown the Builder:** Following tea and coffee on arrival enjoy a tour of the State Rooms focussing on Brown's work at Burghley, including the renovation of the Chapel and alteration of the architecture of the house to aid views of his newly created parkland. This tour will also give the opportunity to view Brown's portrait. After a break for lunch, the afternoon will feature a tour of the gardens with the head gardener. Bookable for groups for 20 or more for 10.15am arrival. £30 per person.





# BRYAN FERRY

JUNE 11TH

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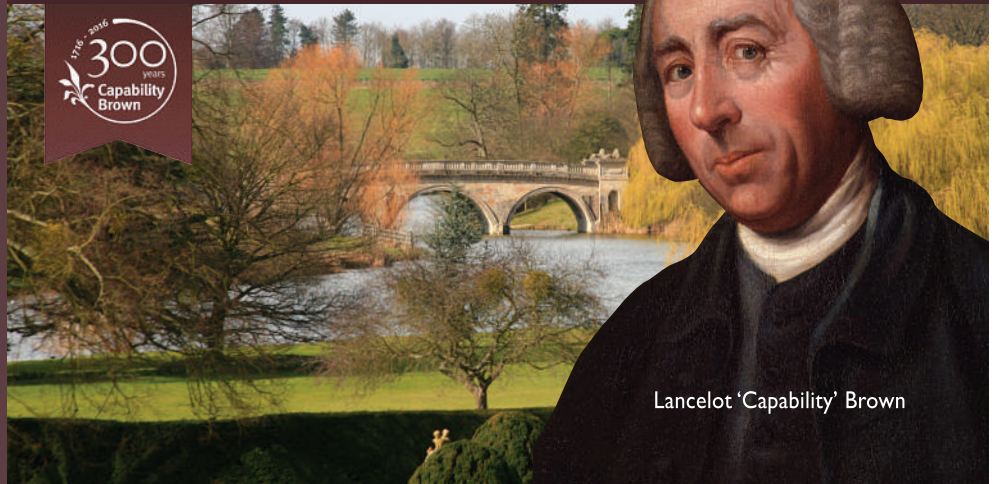
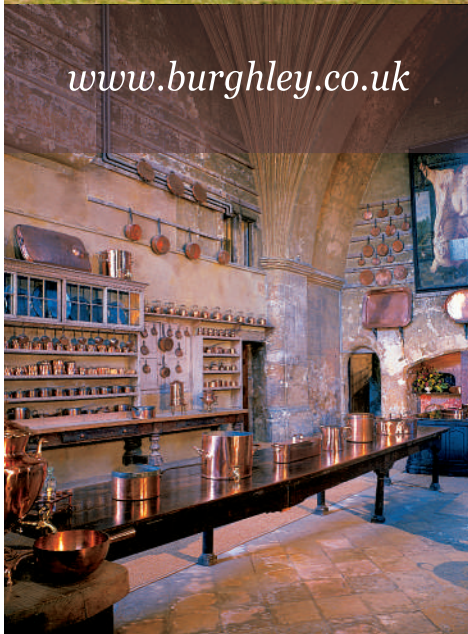


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Lancelot 'Capability' Brown





## Easter Holiday Fun at Club Viva

Tuesday 29th March – Friday 9th April

### Attention busy parents!

Keeping the kids occupied and active for two weeks over Easter may seem like mission impossible but fear not! The crew at Vivacity's Club Viva are here to take away those stresses and provide variety, adventure and fun to spark your child's imagination!

Located at three Vivacity leisure centres across Peterborough the varied programme offers over 50 activities, including everything from Easter craft to classic playground games, talent competitions to football tournaments and even a chance to make a splash at one of Vivacity's swimming inflatable sessions! Whatever your child is into there is something to suit both sporty and creative children.

Vivacity understand that every parent's needs are different. As such, you can choose to book your child into Club Viva for individual sessions, entire days or for whole weeks – whatever suits you best.

### Club Viva at the Regional Fitness & Swimming Centre

The team at Club Viva welcome all sporting enthusiasts aged 8-12 for

If you have a little one under 5 try Vivacity's mega bouncy castle play session! A great opportunity for your child to socialise with other children in a safe and fun environment whilst you get to catch up with other parents.

- Wednesdays 10.30am - 11.30am, term time at Hampton Leisure Centre
- £3.00 per child and £2.00 for each additional child.



two weeks of sporting madness! If your child dreams of kicking a ball like Messi or diving like Tom Daley then this club certainly has something to offer!

Each day includes a great variety of team sports such as football and cricket, as well as indoor activities such as dodgeball and classic playground games like tag and stuck in the mud!

Club Viva at the Regional is a social hub where your child can make new friends, learn about teamwork and somewhere where they can discover their hidden sporting talents.

### Club Viva at Jack Hunt Pool

There is plenty of fun to be had at this popular activity club! Your little explorers will love the adventure trails and their imaginations will run wild as they practice their map reading skills on the search for hidden animals. Or if sport is more their thing they can try their hand at smash up badminton or shoot arrows in adventure archery! And if your child loves the water they will love making a splash on the giant inflatable course.

The Jack Hunt activity club will also host special theme days where your child will learn about other continents. Monday may see them stepping onto the stage at the Eurovision talent contest, whilst Tuesday offers the chance to perfect their tribal printing at an African themed day!

### Club Viva at Hampton Leisure Centre

The Club Viva crew at Hampton Leisure Centre welcome all 4-11-year-olds this Easter for super-sports, animal antics and creative crafts! Your kids will love

the jam-packed timetable which is designed to keep them on their toes as they hit the footie pitch, join the Easter adventure trails and get messy at the crafty kids art sessions!

Children can learn about different continents as Hampton Leisure Centre plays host to American, European and African themed days. Whether they're learning the flags of Europe, choosing the traits of the African animals or taking part in America's Got-to-Dance, the children can enjoy a fun programme and come home with plenty of stories to share!



To book your child's place at Vivacity's Club Viva visit [vivacity-peterborough.com/onlinebookings](http://vivacity-peterborough.com/onlinebookings), alternatively call 01733 864754 or email [clubviva@vivacity-peterborough.com](mailto:clubviva@vivacity-peterborough.com).

\*Please note Club Viva will be closed on Easter Monday, 28 March.





# START YOUR CHILD'S SWIM JOURNEY

## AT THE **VIVACITY** SWIM ACADEMY

We offer a fun and safe programme of swimming tuition, from babies through to adults. Our classes are accredited by the Amateur Swimming Association, the governing body for swimming in the UK. Classes are run by our friendly and fully qualified instructors at three Vivacity swimming pools across the city.

Enjoy a range of benefits when you join up to our direct debit payment scheme from just **£24** per month

- **FREE** swimming at Jack Hunt, the Regional Pool and the Lido in summer
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- **10%** off all swimming merchandise

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YOUR CHILD  
**OUTSIDE**  
**OF CLASSES!\***



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Call **01733 864 000** or email [swimacademy@vivacity-peterborough.com](mailto:swimacademy@vivacity-peterborough.com) today



\*T&Cs apply



DISABILITY SPORTS

FOR ALL

IN PETERBOROUGH!

The Vivacity Disability Sports programme offers a wide variety of fully-inclusive sporting sessions across the city. All sports are adapted to accommodate a wide range of disabilities and are available at a range of locations. Find out more...



**A**lmost 1 in 5 people in England have a long standing disability or illness with almost 75% of those people having more than one impairment. Sport England report that 1½ million adults with a disability play sport at least once a week and Vivacity is looking to increase activity through its Disability Sports programme.

The Vivacity Disability Sports programme aims to increase local involvement in sport by breaking down potential barriers for those with a disability. The programme offers a wide variety of fully-inclusive sporting sessions at a range of locations across Peterborough. All sessions are fully inclusive, meaning it is

suitable for all types of disability and these friendly sessions are open to all ages and abilities.

The fun sessions are ideal for people with a physical, sensory or learning disability, anyone on the autistic spectrum, or for those living with a long-term health or mental health conditions. Vivacity's supportive and specially trained coaches adapt all activities so that everyone can take part, and carers and family members are welcome to all sessions.

If as a parent or carer you are concerned about participation – don't be! Vivacity have adapted the sports to be fully-inclusive so that everyone gets something worthwhile out of the session.

## Let Vivacity come to you

Vivacity has been working in partnership with a range of local organisations to deliver a great fully-inclusive programme that offers fun and variety.

Vivacity realises that it can be difficult to commit to set times and locations and because of this are now working in conjunction with Inspire Peterborough to offer a range of sessions that they can bring to you.

Inspire Peterborough is a registered disability charity which promotes sport and leisure activities to support people with disabilities, their family members and carers. The programme is designed to ensure anyone can take part in sport, no matter their disability.

Vivacity currently offers handcycling, archery, indoor cricket and table cricket as part of the services they can bring to you.

● For more information contact Vivacity's Disability Sports Officer Matt Taylor on 01733 863783 or email [matt.taylor@vivacity-peterborough.com](mailto:matt.taylor@vivacity-peterborough.com).

## 7 GREAT DISABILITY SPORTS TO TRY

Physical activity can vastly improve quality of life, with members given the support to learn new skills, develop confidence and meet new people. If you care for a person with a disability and feel they would benefit from taking part you can choose from these seven fun activities:

### 1 Archery Sundays 9.45am-10.45am Werrington Leisure Centre

If you're looking for a sport that requires skill and technique whilst providing a fun challenge, then archery is for you! This inclusive and social sport attracts young and old alike and is perfect for all ages and abilities including wheelchair users, the blind and the visually impaired. Vivacity's qualified archery leaders will adapt the equipment and delivery style to enable all participants to reach their full potential.





2

### Boccia Club

Saturdays  
10am-12noon  
Peterborough  
Indoor Bowls Club



Boccia is a popular Paralympic sport belonging to the same family as bowls. It's particularly suited to people with severe impairments, but is open to everyone including carers and family members. The club not only offers support and a great social network but a little friendly competition in the form of a local league and a number of friendly matches.



3

### FINS Swimming Lessons

Saturdays  
10am-11.30am

The Regional Fitness & Swimming Centre



FINS swimming lessons form a key part of the Vivacity Swimming Academy and is aligned with the Amateur Swimming Association (ASA) Learn-to-Swim pathway. Swimming is an excellent low-impact form of exercise and an important life skill to master no matter what age or ability. Swimming is the UK's top disability sport due to the freedom and expression that it allows with sessions suitable up to the age of 19 years. All lessons are taught by specially trained and qualified swimming teachers with additional support provided by carers, extra staff and volunteers.

4

### Sharks Basketball

Sundays 11am-12noon  
Hampton Leisure Centre



Sharks Basketball is a fantastic outlet for anyone who is full of energy. Participants don't take themselves too seriously and as a result there is a fantastic team atmosphere where everyone can feel relaxed and supported.

Currently most of the players are teenagers and adults with learning disabilities but they are keen to include younger people and participants with sensory and physical disabilities. The Sharks compete against other local and regional teams and will be competing in the Special Olympics in the future.

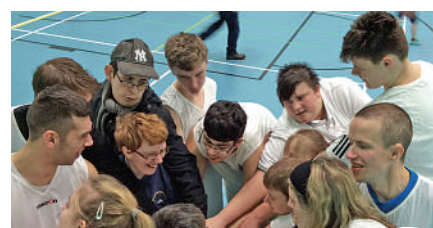
## Case studies

'Katie has Cerebral Palsy and as a wheelchair user it is so important that she keeps mobile and keeps her core strong. She's been going to PACS since it first began and enjoyed it so much she has her own hand-cycle. It's had such a great impact on her social life by helping her make so many new friends and build her confidence. She feels safe and happy in the supportive environment, and the sessions are all delivered under the confident instruction of the friendly coaches. The sessions focus on having fun, and we can choose to watch, take part or just catch up with other members over a cup of tea.' **Karen, mum of Katie, 17.**



'Stephen has Prader-Willi Syndrome and is on the Autism spectrum which means he has a range of learning disabilities. Since coming to Sharks Basketball I have seen his health and quality of life improve significantly. His hand and feet coordination has improved and he can now confidently dribble and shoot the ball. It's been great to watch him improve his social skills, make new friends, learn to take turns, work in a team and give others feedback. The coaches are brilliant and really take the time to ensure everyone's needs are met. Stephen is really happy when he's at Sharks, he loves the game and it has really helped develop a new sense of team spirit.'

**Gift Maswere, Carer of Stephen, 45.**



5

### Peterborough Adapted Cycling Scheme (PACS)

Various times available

The Embankment Sports and Athletics Arena and Ferry Meadows



The Peterborough Adapted Cycling Scheme (PACS) offers a range of specially adapted bikes for adults and children with disabilities and limited mobility. This friendly club is run by qualified cycling coaches and experienced disabled cyclists who are always on hand to offer help and advice on how participants can get the most out of each session and reach their full potential. Both sessions are held in scenic locations: Ferry Meadows with wonderful views over the lakes and at the Athletics Track which offers a great cycling surface.

**Every Wednesday 5pm-7pm at the Peterborough Embankment Athletics Arena** Cycles include; classic two wheelers, a range of hand cycles, tricycles and quad cycles and a tandem.

**Ferry Meadows, runs April - September Term Time: Thursdays 4pm-6pm & Saturdays 12.30am-2.30pm School holidays: Tuesdays 10am-4pm and Thursdays 10am-6pm** Cycles include; a two-person quad cycle, a range of tricycles, a two wheeler and hand cycles.

6

### Multi-Sports

Mondays 5-7pm

Bushfield Leisure Centre

If you're not quite sure which sport to try this is the perfect club for you! You can take part in a number of different sports and see which ones you prefer. If you have an idea for a sport/game you'd like to try

you can suggest it, as the club will try to accommodate all sports. Some of the sports currently offered include:

- **Badminton** - both standing and wheelchair
- **Short tennis** - both standing and wheelchair
- **New-age kurling**
- **Rounders** and many more

7

### Disability Dance

Tuesday's 1pm-2pm

Hampton Leisure Centre



Dance is the perfect creative expression whatever your ability or style. The session is aimed at adults and school groups and is a mix of structured and improvisational dance. Individuals learn routines and create their own style of dance all suited to their own abilities, wheelchair users are warmly welcome and the emphasis is on fun expression and acceptance.



For more information about Vivacity's Disability Sports programme please visit [vivacity-peterborough.com/disabilitysport](http://vivacity-peterborough.com/disabilitysport)



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is around the corner



**L**ong summer days are  
blissful indeed, but  
increased sun exposure  
can pose a risk. And  
whilst we're all very aware of  
how important it is to keep our  
sun cream topped up, when it  
comes to our eyes it can be a  
very different matter.

Unless specified, sunglasses  
won't give your eyes the  
protection from UV rays that  
is needed, leaving your eyes  
vulnerable to damage such as  
cataracts and diseases such as  
cancer. In fact, unless a pair of  
sunglasses promises 99-100%  
UV protection, don't even think  
about buying them.

Many people buy their  
sunglasses from a fashion or  
clothing store because they want  
to make sure their sunglasses  
are up-to-the-minute, or closely  
match their personal style. But  
visit an optician, and you can

have highly-covetable, designer  
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protection. And if you usually  
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create prescription sunglasses for  
you, using frames of your choice,  
and supply expert advice on fit  
and shape, so the delicate eye area  
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Opticians in Whittlesey, has  
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fitting, Jan will make sure you  
leave with the perfect pair of  
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## FIND THE spring in your step WITH VIVACITY'S SPECIALISED HEALTH CLASSES!

For the past 18 months Vivacity Sport & Healthy Living has been working with people in Peterborough to offer support and advice for those living with specific health needs and concerns.

**W**hether your aim is to manage a health condition or simply become more active as you age Vivacity's specialised health classes can offer you the opportunity to improve your quality of life through these specially designed exercise classes.

### An introduction to Vivacity's specialised classes

If you suffer from arthritis, osteoporosis or general joint pain then why not consider the Exercise for Musculoskeletal Conditions Class? Exercise can increase your synovial fluid production to keep your joints healthier and improve your overall bone density.

If you or someone you know is suffering from the after-effects of a stroke – then the Stroke Rehabilitation Class can help. Regaining your life after a stroke is both

physically and mentally demanding but with time, patience and the right support you will see a significant improvement to your well-being.

Introducing physical activity into your daily life can not only help to manage existing conditions but help reduce the chance of developing additional ones such as heart disease, cancer, obesity, hypertension and diabetes.

What's more, exercise can have a profound and positive impact on your state of mind, reducing feelings of stress, depression and anxiety. You don't have to be an avid fitness fan to see the results, even modest amounts of exercise can boost your state of mind and help you sleep and feel better.

All classes take place at the modern Hampton Leisure Centre in a friendly and relaxed environment, with free tea and coffee served after every session. There is a strong emphasis on the social aspect of

**The scheme is made up of nine classes, each designed to support you if you have a specific health need or condition such as:**

- Dementia or Alzheimer's
- Hypertension
- Reduced mobility
- Musculoskeletal conditions including arthritis or osteoporosis
- Cardiac or respiratory conditions such as emphysema
- Stress, anxiety or depression
- Diabetes
- Obesity
- and the after-effects of a stroke





these classes with members encouraged to stay after class for a chat with other members with the same or similar conditions.

If you or someone you know could benefit from attending one of these specialised health classes then please contact Sarah Leadbetter on 01733 864 764 or email [healthservices@vivacity-peterborough.com](mailto:healthservices@vivacity-peterborough.com).

## Two new locations and classes

Due to the popular demand of the specialised health classes Vivacity are expanding the programme to provide new classes at more local community sites and Vivacity leisure centres.

According to a recent report by the Department of Health there has been an increase in health conditions and hospital admissions in the under 75s. NHS East Anglia has suggested that if you choose to follow four key 'healthy' behaviours – not smoking, taking regular exercise, eating five fruit and vegetables portions a day and drinking alcohol within recommended limits – you will stay healthier and live on average 14 years longer than if you choose not to follow these behaviours.

As a result of this Vivacity wants to encourage more people to be physically active by providing a larger range of local classes with the same additional support and expert advice from our fully trained



healthcare professionals. More classes and locations will be announced in April 2016.

The first of the new classes are Thursday mornings at:

- Werrington Sports Centre at 9.15am-10.15am
- Bushfield Leisure Centre at 9.30am-10.30am

## Meet Vivacity's new Health and Wellbeing Assistant

Vicky Wilkinson, Vivacity's new Health and Wellbeing Assistant will join the team of health care professionals who run the specialised classes at Hampton Leisure Centre and will be rolling out to new locations come April 2016.

Vicky began her career with Vivacity in 2001 as a gym instructor at the Regional Fitness & Swimming Centre. Over the years she has gradually expanded her knowledge through training courses and achieving new qualifications which has led to the new role. She most looks forward to getting to know new and existing members of the classes as quickly as possible.

Vicky said, 'I'm looking forward to meeting the members and helping them improve their fitness around their specific health conditions. I hope to support them in meeting and, where possible, exceeding their personal goals as they work towards improving their overall quality of life. It's going to be a great journey.'



# Walk for **FREE** with Vivacity's Walking for Health Scheme!

We all know the benefits of regular exercise, and whilst for many of us the thought of strenuous exercise may be quite daunting, even something as simple as a walk counts towards your recommended amount of physical activity.

Up and down the country there are currently around 70,000 people taking part in the Walking for Health Scheme and Vivacity is pleased to have ten local guided walks available to everyone – and they are FREE!

The fun, organised walks are a sociable way to exercise and get some fresh air in your lungs at the same time. Each walk is led by a trained Walk Leader, and all you have to do to take part is find your local walk and turn up on the day!

If there is not a walk which is convenient for you then why not start your own – you can contact Vivacity's Walk Coordinator Kerry McCondach at [Kerry.mccondach@vivacity-peterborough.com](mailto:Kerry.mccondach@vivacity-peterborough.com) or call 01733 864 738.

## Try Nordic Walking

The Walking for Health Scheme now includes Nordic walking which takes place from four locations across Peterborough:

- **Monday 9.30am – 11.00am** at Bushfield Leisure Centre
- **Tuesday 9.30am – 11.00am** at Werrington Leisure Centre
- **Wednesday 9.00am – 10.00am** at The Regional Fitness & Swimming Centre
- **Thursday 9.30am – 10.30am** at Hampton Leisure Centre

Nordic Walking is a popular Scandinavian sport which offers a 98% full-body workout and provides great social and physical benefits for everyone as well as burning 46% more calories compared to regular walking.

The technique involves using walking poles to propel the body forward, increasing



the use of your upper body. It can be done by anyone, anywhere, requiring no expensive equipment or clothing except the use of specially designed poles which will be provided FREE of charge.



To book contact Vivacity's Walk Coordinator Kerry McCondach at [Kerry.mccondach@vivacity-peterborough.com](mailto:Kerry.mccondach@vivacity-peterborough.com) or call her on 01733 864738.





On 29 February, **Peterborough City Council** launched the first of a series of themed campaigns to help the city and surrounding rural areas to better health. Part of a year-long programme targeting a different condition each month, the first themed campaign, running throughout March, focuses on heart health, to be followed by advice on strokes throughout April – each offering advice and support aimed at alleviating illness or preventing it altogether. *The Moment* magazine talked to some of the key people behind the campaign to find out how it came about, and how it can help us become healthier, happier, and enjoy greater quality of life.

## Councillor Diane Lamb,

*Peterborough City Council Cabinet Member for Public Health*

### How did Healthy Peterborough come about?

I have been involved with health, wellbeing, and public health for quite a number of years, and my aim has always been to raise the profile of health in the city and the rural areas. I've been in the NHS all my working life, so I suppose it was natural for me to pursue that. I started engaging the councillors, because I was also getting more and more requests from members of the public from all different wards, asking how I could help them with a whole range of health matters. We realised there were a lot of challenges in health in Peterborough. Something had to be done! It's been created by Peterborough City Council with support from local and national health service organisations and Public Health England, so I'd like to thank them for helping us. Also our excellent public health team, which is very hard-working. I've got a super team of officers at the council and they are really enthusiastic about it.

### What are the challenges?

One in four children aged four to five years are overweight, and so are seven in ten adults. We have a higher than average rate of people dying from heart disease and stroke before the age of 75. These were some of the issues that stimulated the campaign. We've actually had some very worrying statistics for several years in public health, but what the general public really wants is not statistics, but something tangible. So, we are tackling these health issues by launching the year-long Healthy Peterborough campaign, to try to encourage – and actively help – people to stay healthier for longer. That's really how it started. I'm really quite excited about it!

### How is it setting out to achieve that?

The campaign aims to raise awareness of health issues with local people, to promote simple health messages and provide tips for



better health, as well as information about local opportunities for healthy living. We're going to have all sorts of things to facilitate this campaign – posters and flags all around the city, a dedicated website, magazine and newspaper articles, Facebook posts, tweets, radio jingles... We need to get the message out to everybody in Peterborough and the rural areas. We've also started to do walks around the wards with the Director of Public Health, Dr Robin, and it's great, because we get to talk to the different GPs and councillors and hear peoples' problems first-hand, rather than just sitting in an office.





## Dr Liz Robin, *Director of Public Health*

### What is Peterborough City Council's involvement with Public Health?

The Peterborough Healthy City campaign really comes out of the new responsibilities that the City Council took on in 2013 under the Health and Social Care Act. Now the Council has the duty of improving health in the local area. That's still quite a new duty for the Council, but a really important one.

### Why do people need something new?

I came in as Director of Public Health about a year ago, and I've had quite a lot of feedback from people that there is just so much information about health out there – different messages coming at them from different newspapers or websites – that they are really quite confused. What we're trying to do is produce information that people can trust. So, we're not trying to sell stories or products, we're just trying to give people good advice about how to stay healthy. That means that everything we say in the campaign will have been checked by public health specialists, so will be reliable. And on the website you won't just find advice that local public health specialists have written, but also links through to other sites with information that we know is reliable. So people will

know they can trust that information. The other important thing is that we will be able to link people up with local services and opportunities to stay healthy, so it's not just general advice. It's about helping people to understand what they can do themselves to improve their health.

### Can you give examples of what they can do?

Research from East Anglia shows that people who follow just four healthy behaviours – eating a healthy diet, being physical active, not smoking and drinking within safe limits – lived 14 years longer than those who didn't, and stayed healthy for longer. If you walk briskly for half an hour a day, five days a week, that will make a big difference to your health. Giving up smoking also makes a huge difference, and we have services that can help people do that. There are also some conditions that people may not be aware of, such as a history of high blood pressure, diabetes, high cholesterol, but you can get these and other things checked via an NHS health check, which is available to everyone aged 40-74, every five years. It's sort of a mid-life MOT. That will also tell you what your lifestyle risks are, so as part of Heart Health month we're recommending that people go for their health check.



To find out more, go to:  
[www.healthypeterborough.org.uk](http://www.healthypeterborough.org.uk)



**Peterborough**  
Creating a Healthy City

## Heart health and strokes

Advice from Dr Amrit Takhar, a local GP on the Clinical Commissioning Group in Cambridgeshire, who is working with Public Health to tackle cardio-vascular disease.

### Prevention is better than cure

People in general are living longer, but we'd like to see people live longer in good health, and have quality of life. When I speak with my own patients, that's what they want – quality of life. Some of the steps you can take are very simple – being more physically active, giving up smoking, going for health checks. That's a way to potentially prevent ill-health – what we call primary prevention. But even if you already have certain conditions those steps can prevent worsening of the condition – secondary prevention.

### Get moving!

2,000 extra steps a day – just walking a bit further than you normally do – can reduce your risk of heart disease by about 8%. So, it's not that you have to go down to the gym and work out, it can just be a walk down to the shops. Walking costs nothing – and if you walk or cycle instead of catching the bus you could actually be saving yourself money! The human body was designed to move around, and if you don't do that, you don't keep the circulation going – and there is so much evidence now that inactivity is a major cause of disease. Working that regular exercise into your daily routine is the hardest part, but my experience is that when people get going they really feel the benefit – mentally as well as physically, because it's also releasing endorphins that make you feel calmer and happier.

One of my key areas of interest is cardiology, but the same problems that cause cardio-vascular disease actually cause a lot of other diseases, too. Inactivity, smoking, levels of stress, poor diet – not only do they cause cardio-vascular disease, they can cause such things as cancer, dementia and contribute to poor mental health.

### Preventable strokes

Healthy Peterborough can also make people aware of conditions they may not be aware of, and which are easily treated. For example, there is a condition called atrial fibrillation, which is a type of irregular heartbeat, and you need to be aware – especially if you are over 50 – that if you have an irregular heartbeat, you should get it checked out because it could be a sign of this condition. Atrial fibrillation is a major cause of preventable stroke, because the irregular heartbeat can mean a clot develops in your heart which then can shoot off to one of the arteries in your brain, leading to quite a significant stroke. Not a lot of people are aware of the condition, but if you have it then you may need medication to thin your blood – and that will prevent you having that stroke. That simple health check could even save your life.



# WELL GROOMED

Grooms can now match their big day attire to their personal style. We get the lowdown from Vow Bridal on some of the hottest choices available

**T**ime was, all a chap had to do on his wedding day was stick on a morning suit and turn up in the right place. If he managed to channel Gregory Peck or Cary Grant while doing it, then he considered himself fortunate.

Things have changed for the better since then, and guys are now learning to enjoy looking good on their big day, with grooming and skincare a must, as well as hairstyling, even work on teeth and a tan! Men are also discovering that they can express their individuality through what they wear, with far more choice available, including stylish lounge suits in traditional and slim cuts, and beautifully styled slim-fit morning suits, too.

For the groom who wants to respect the formality of the day but equally wants to cut a dash or add some 'edge', the slim-cut morning suit can be a subtle yet powerful personal style statement. Riffing on the golden age of British tailoring – the 1960s – without compromising on age-old tradition, the suit is also perfect for those



Awards 2014 for their menswear and menswear service, so you couldn't be in safer or wiser hands.

Lisa and Dave at Vow Bridal pride themselves on their bespoke approach to wedding attire. Grooms and groomsmen have their own space at Vow Bridal, separate from wedding dress fitting, so there's no danger of spoiling any surprises ahead of the big day! As well as an array of suits to buy and hire, Vow Bridal also offers cravats shoes, ties – even cufflinks! – to buy or hire.

of a leaner build who often find more traditional cuts all-engulfing. For a summer wedding, when a more streamlined, lighter look is called for, the slim-cut is perfect. Whilst it's fairly easy to find slim-fit suits to buy, it isn't always easy to hire them, and only a handful of specialist boutiques such as Vow Bridal offer this service.

For the more modern wedding, there's the enduring style of the lounge suit. Add a dash of colour and quirky flair with a Harris Tweed waistcoat (available to buy from Vow Bridal) created using a fashion cut, and available in lighter-weight fabrics and in an array of colours, including tans and silver/greys. If all this sounds like too much choice, rest assured: Vow Bridal won the national Wedding Industry



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# ALE OF A GOOD TIME!



Raise your glasses to the Charters Annual Easter Beer Festival... Cheers!

**T**here's ample reason to be cheerful this Easter as Charters – Peterborough's floating real ale bar – kick-starts celebrations for its 25th anniversary year with a four-day long Annual Easter Beer Festival.

Running throughout the weekend, the festival promises a selection of more than 25 exceptionally tasty real ales, all at a very reasonable £3 a pint with a further 50p discount for those producing a valid CAMRA (Campaign for Real Ale) membership card. We'll drink to that!

The fun commences at 5pm on Thursday 24 March – what better way to unwind and enjoy the start of the Bank Holiday weekend? Festival goers can enjoy the usual weekly general knowledge quiz from 8pm, accompanied by live music from Agi Jarocka from around 10.30pm.

The live music continues throughout the festival. Friday evening sees crowd-pleasing covers band Children of the Revolution take to the stage then on Saturday evening it's the turn of foot-tapping folk rock band

## Charity Soul Night

A heads up for Saturday 2 August, when electrifying eight-piece party soul band Motor City Vipers shake things up at The Brewery Tap. The band will be playing the very best of Motown and Northern Soul classics in support of Sue Ryder Care at Thorpe Hall Hospice. The evening runs from 7pm to 1am, with advance tickets available for £10. Book now on 01733 358500.



Flashback Photography. Sunday afternoon welcomes Pennyless, a folk trio described as 'a psych-folk tradadelia gem!' who will be performing from 3pm.

All the live music events are free and the atmosphere is very much warm and heartily welcome. So if you fancy a lively drink and good company – just hop aboard!



**Charters**

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SUNDAY 3<sup>rd</sup> APRIL FROM 6-11.00PM  
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### MARCH

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SUN 6<sup>th</sup> JIMMY DOHERTY 3PM  
SAT 12<sup>th</sup> STONE PONY 10:30PM  
SAT 19<sup>th</sup> THE DIZZY MISS LIZZY'S 10:30PM  
MON 21<sup>st</sup> CHARTERS OPEN MIC 8PM  
THUR 24<sup>th</sup> AGI JAROCKA 10:30PM  
FRI 25<sup>th</sup> CHILDREN OF THE REVOLUTION 10:30PM  
SAT 26<sup>th</sup> FLASHBACK PHOTOGRAPH 10:30PM  
SUN 27<sup>th</sup> PENNYLESS FOLK TRIO 3PM

### LIVE MUSIC

SAT 2<sup>nd</sup> GROOVE CARTELL 10:30PM  
SUN 3<sup>rd</sup> BON & JUSTIN 3PM  
SAT 9<sup>th</sup> TALLAWAH 10:30PM  
FRI 15<sup>th</sup> DONUT 10:30PM  
SAT 16<sup>th</sup> BIANCA & THE TOP CATS 9:30PM  
MON 18<sup>th</sup> CHARTERS OPEN MIC 8PM  
FRI 22<sup>nd</sup> THE HIGH ROLLERS 10:30PM  
SAT 23<sup>rd</sup> ROCKET 57 10:30PM  
FRI 29<sup>th</sup> CJ HATT 9:30PM  
SAT 30<sup>th</sup> LEXIE GREEN & THE INDIGO BLUE 10:30PM

### APRIL

• WEEKLY THURSDAY QUIZ 8PM, FREE ENTRY •



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# EAST ANGLIAN AIR AMBULANCE

The East Anglian Air Ambulance celebrated its **15th anniversary in 2015**. From humble beginnings – one helicopter and one paramedic, operating one day a week – the EAAA has blossomed beyond all expectations.

Once an organisation largely staffed by kindly medics on a day-off, it is now a professional pre-hospital emergency service with a doctor and critical-care paramedic attending every mission. Previously a part-time service; it now operates seven days a week, 365 days a year, and is at the vanguard of research and clinical practice.

Not only was 2015 a significant anniversary for the charity, it was also the year that brought one of the most significant advancements in the charity's history: the arrival of the EC145 T2 helicopters. Much larger than the previous aircraft, it can carry enough fuel to fly for over two hours, with a range of 300 nautical miles (335 miles); and whereas our former HEMS (helicopter emergency medical service) team comprised a pilot, a doctor and a critical-care paramedic, the new helicopter will be able to accommodate two pilots and three HEMS crew, as well as a patient. Extending the reach and effectiveness of the EAAA medical teams enables the charity to play a leading role in training the next generation of pre-hospital clinicians. More space also means that more can be done to help patients during the transfer process.

**'THE SESSIONS WERE THOROUGH AND WELL PRESENTED - VERY CLEAR INSTRUCTIONS AND PRESENTED AT THE CHILDREN'S LEVEL.'**

**Mrs Annette Dagless,  
Welbourne Primary School**

The first of the new helicopters was based at the Cambridge base, but thanks to significant funding from the LIBOR fines fund, the EAAA was able to fund a second EC145 T2 based in Norwich.

The capability of the EAAA has also been enhanced by the use of other new technologies. For example, arterial lines

have long been used in hospitals to give very accurate readings of a patient's blood pressure. But now, EAAA medics use arterial lines regularly on critically-ill patients at the scene. The lines are inserted just into the artery, and – especially on scene – it can be tricky to put them in if you haven't had experience in doing so. But the benefit is significant: the line senses the pressure changes and gives a blood pressure reading for every single beat of the heart. This transforms the way in which it is possible to monitor and care for patients who have had a cardiac arrest.

Arterial lines have been used by EAAA for about ten months now and have proved invaluable to the clinical teams. Other developments at the East Anglian Air Ambulance include the introduction of an I-STAT machine, which is essentially a portable blood gas machine. It means that the EAAA medics can tell what level of oxygen is in blood, and that tells them how well they are ventilating a patient. It also helps to calculate the correct dose for anaesthetic. EAAA has also introduced the use of ultrasound machines (which will also help in putting in arterial lines). From the outside, these developments might appear as sudden and unexpected as



**'IT WAS AN EXTREMELY USEFUL SESSION AND THE CHILDREN WERE THOROUGHLY ENGAGED. THEY DEMONSTRATED A CLEAR ENTHUSIASM ABOUT THE SUBJECT MATTER AND WERE ABLE TO LATER TALK WITH CONFIDENCE ABOUT WHAT THEY LEARNED.'**

**Mr Duncan Milner, Hampton Hargate Primary School**



**'A FAST PACED, INTERACTIVE SESSION, TEACHING THE CHILDREN VALUABLE BASIC LIFE SUPPORT SKILLS WHICH THE CHILDREN REALLY ENJOYED. THE TEACHING PROVIDED THE CHILDREN WITH THE CONFIDENCE TO APPLY THESE SKILLS IF A REAL LIFE SITUATION OCCURRED.'**

**Miss Alison Barnes, Fulbridge Academy**

they are exciting. But in reality, they have been years in the planning, and they could not have been possible without the tireless efforts and prodigious generosity of the charity's supporters and fundraisers.

### Corporate Sponsorship

East Anglian Air Ambulance has always enjoyed generous corporate support from within the Greater Peterborough area. However, as the cost of funding this life-saving service increases, and we push forward with our ambitions plans for clinical advancements and training the future generation of emergency pre-hospital clinicians, we are hoping to work with a larger number of corporate partners in the coming year. Area Fundraising Manager, Chris Donaldson said: 'We consider our corporate partnerships an

important part of our fundraising. Whether companies choose us as their charity of the year, and involve their staff in fundraising events, or whether they choose to make a regular contribution to the charity through direct debit, they can be assured of our enthusiastic support. We are very keen to demonstrate how help from the commercial sector can directly affect patient outcomes locally and within the wider region, and we make ourselves available to come along and talk to managers and staff if required'.



**If you would be interested in becoming a corporate sponsor for the East Anglian Air Ambulance, please contact Chris Donaldson on [chris.donaldson@eaaa.org.uk](mailto:chris.donaldson@eaaa.org.uk) or 01733 367208.**



**This feature has been supported by Peterborough-based Perkins Engines Company Limited, one of the world's leading suppliers of off-highway diesel and gas engines.**

## CPR TRAINING IN SCHOOLS

Over the last six months, East Anglian Air Ambulance has been running basic life-saving courses in local Primary Schools in Peterborough. EAAA's critical-care paramedic, Neil Flowers has visited seven schools in the area, which means that 767 children have been taught basic life-saving skills. Each course includes sessions on checking for danger, checking for responses, breathing checks, calling 999, putting people in the recovery position and learning how to do chest compressions. These skills could save someone's life: cardiac arrest outside of hospital is a common medical emergency experienced by about 60,000 people a year in the UK. Fewer than 10% survive to discharge from hospital. But research confirms that out of hospital cardiac arrest outcomes are improving in countries that encourage members of the public to do early CPR. EAAA's basic life-saving course has been well received and feedback from the schools has been overwhelmingly positive:

'The pupils were very engaged and enthusiastic whilst learning these valuable skills.' Mrs Kate Barnes, Emneth Primary School

There is funding in place for a further twelve schools to receive EAAA's basic life-saving skills training. Some schools have been funded from local parish councils, but a significant part of the money has been generously donated by one of the charity's corporate sponsors, Perkins Engines. Annette Ward, Corporate and Marketing Communications Manager at Perkins said: 'Perkins is proud to be supporting EAAA with its latest initiative to ensure students across the Peterborough area have the opportunity to learn vital CPR skills. Perkins has previously worked alongside EAAA to support its work in the Peterborough community and on hearing about this initiative, we were keen to help. The training has already enabled hundreds of students to develop important skills, and has been positively received by those who've taken part.'



# DOSH4DEFIBS

Dosh4defibs was set up by Dannii Vincent after the sudden death of her 11-year-old old nephew, Bailey. Its aim: to put lifesaving defibrillators into the community and schools. Here, in a feature supported by Perkins Engines Company Limited, she tells the charity's story.

**I**t was back in May 2014 while Bailey was out playing football with friends that he suddenly became unwell and collapsed. He died from Sudden Arrhythmic Death Syndrome.

I couldn't sit back and watch another family go through what we had been through. The charity SADS UK were a huge support to the family and through them we started raising money. Initially it was just supporting SADS UK and raising money for them, then through their Big Shock campaign I realised that the money we were raising could be buying defibrillators for our local schools and community. This is where Dosh4defibs was born.

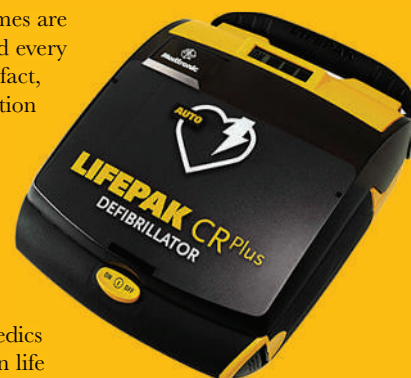
Fundraising started with a football tournament at a local festival. This brought in the crowds and raised enough for a defibrillator. After that day it was infectious, I just couldn't stop. So, with the support of the schools we placed defibrillators in each of the primary schools in Stamford.

Support and donations are always coming in from local people, businesses and community groups enabling us to keep ordering more and more. The schools' defibrillators are all internal, meaning there is no access to these once the schools are shut, so I had to approach the council to get them in our town centre. This has been a long process but we are now finalising the last few details and there will be five appearing within the town centre and the local park within the next few months. We also have some in the process of being placed at the moment; two at the local secondary school, one at a service station, one at a very busy industrial estate and one at the local cricket ground. We rely on support, donations and fundraising events from local people, businesses and the community but also making people aware of what we are doing and why it is so crucial.

People don't understand the importance of this equipment if they haven't been through what we have; I was naive to it all until it happened to us. A sudden cardiac arrest can happen to anyone at any age at any time. CPR alone can give a 5% chance of survival after a SCA, early defibrillation can take that to over 50%. East Midlands Ambulance Service are stretched to their

limits, losing ambulance stations all over the region, their response times are not what they used to be and every second counts in a SCA. In fact, each minute of no defibrillation is a 10% reduction in survival – these are some scary statistics! Having this equipment in the community means there is a fighting chance for that person. It is the extra help they need before the paramedics arrive, the vital time between life and death.

We have grown as a charity in the short time we have been doing this – we are a lot more known, and a lot better supported as time goes on. We have been lucky that we now have some really great people on board who bring their expertise with them and make us even better. We have Darren Mitchell of MJD Training, educating the community on first aid, CPR and defibrillation. We have Rachel Williams our photographer who helped us with our recent 2016 calendar and any shots we need. And we have Jono Smith from Smart Electrical Services who donates his time to install our defibrillators. Our design and print team and Mark Buttress at MB Creative have been tireless and on call regularly for posters, leaflets and banners. I couldn't do all this without them and the support of our local community.



A defibrillator unit

Commemorative plaques recognise donors taking part in the Dosh4defibs scheme



Dosh4Defibs



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# CARE ZONE

Care Zone is an innovative furniture recycling project run in Peterborough, and supported by Perkins Engines Company Ltd.

**C**are Zone aims to tackle poverty by providing emergency furniture, household goods and baby equipment, free of charge to families in crisis through recycling goods donated by the public.

This also benefits the environment by reducing the amount of waste that would go to landfill. Care Zone also offers meaningful volunteering opportunities to local people.

Last year, Care Zone helped more than 1,300 families who needed emergency furniture. And since moving to our new

premises in Fengate this year, we have already delivered over 140 pieces of furniture to more than 60 families. By providing good quality furniture to those genuinely in need, Care Zone contributes to enriching lives and raising aspirations.

‘We arrived at this house, and they had nothing. We gave them a settee, chairs, a dining table, a double bed, two singles, bedding, kitchenware and food. The lady said “This morning we had nothing, and now, we have everything”. This is Care Zone at its best, meeting the needs of individuals and families where it truly matters. These are people that are



absolutely desperate, and Care Zone meets this need in a fantastic and wonderful way. This is where the tyre hits the road, where it really counts... meeting a direct need and making a huge difference to that child and 'that family,' says Care Zone driver Roger Larmond.'

As well as providing emergency provision, Care Zone offers practical skills training through volunteering opportunities and workshops for unemployed people.

Volunteering opportunities include providing support to clients who visit Care Zone or helping to prepare and deliver furniture. The Care Zone workshop offers practical skills training courses in furniture assembly and the upcycling of waste products. Many of our volunteers have experienced difficulty in previous employment, so these workshops and opportunities are often a vital step to helping to boost their confidence and self-esteem which will bring them one step closer to entering the workplace.

Care Zone operates by recycling and distributing goods that are donated by the local community and local businesses. Therefore, we are always in need basic furniture items such as beds, sofas, wardrobes and chests of drawers that are in good quality from those willing to give them.

**Donations can be received either through our free collection service or by being delivering direct to our warehouse. Care Zone is located in Fengate, at 11 Titan Dr, Peterborough, PE1 5XN.**



If you would like to donate to us, or are seeking, challenging, rewarding and varied volunteering opportunities give us a call on 01733 575083 or email us at [info@carezone.kingsgateuk.com](mailto:info@carezone.kingsgateuk.com) To find out more visit: [www.kingsgateuk.com/carezone](http://www.kingsgateuk.com/carezone).



# Everyone's welcome!

Ever driven past the enormous building on the junction of Oxney Road with Parnwell Way and wondered what goes on inside? It's home to **KingsGate Community Church** – a lively congregation where everybody's invited. Ben Vanheems chats to one of its founding pastors Karen Smith

**The purpose-built KingsGate Community Church is pretty impressive. Can you tell us a bit about what brought you to Peterborough and how you came to build the church.**

It all began in 1988 when my husband Dave and I left Oxford to move to Peterborough. We felt a calling to start a local church and so Peterborough Community Church, as it was then called, was born. Our first church meeting was held in our tiny living room with nine people in attendance! Then as the church grew we rented various venues across the city. We ended up at Peterborough Regional College, which was the largest venue we could rent.

But the congregation continued to grow, so we had to move to three services each Sunday just to accommodate everybody. At this point we realised we needed to think about buying our own building or perhaps some land to build on. We looked at several buildings throughout the city with an eye to converting them. Then we located a 12-acre plot here in Parnwell, which was perfect. Construction on the church began and finally, in 2006, after several years of praying, planning and incredible sacrificial giving by our members, the congregation moved into this purpose-built facility.

**Your story is in contrast to most church communities who have seen declines in attendance over recent years. The tremendous growth you describe really bucks the trend. Why do you think that is?**

It's a number of things. We've always wanted to tell the story of the Bible in a modern and relevant way. I think that's part of the appeal – people can come along on a Sunday and hopefully understand that this

very historic faith really does have relevance to modern-day living. Sometimes there can be a bit of a disconnect between the two.

Then there's the congregation itself. We have a large, multicultural, intergenerational family with people from all walks of life. That alone makes people wonder that perhaps there is something to this because otherwise why would all these people be here?

**So your aim is to show that the Bible is anything but some fusty old text – you're bringing it to life and translating into a modern setting?**

That's right. We're not trying to move away from biblical truth, just put it into a context that people in 21st-century Britain can understand. Getting across this relevance to modern life is something that has always been at the heart of what we do. Our mission as a church is to transform lives from our neighbourhoods to the nations by the power of God's love.

**A lot of people have drifted away from religion. Many perhaps perceive it as irrelevant in today's world. What would you say to these people?**

I'd say come and see for yourselves that it certainly is relevant!



Dave and Karen Smith



Come and see, come and experience and ask questions. We're not saying we've got all the answers, but I think sometimes people have got to experience something before they then begin to ask the questions that are really pertinent to them.

**What's the atmosphere like when people come together to worship at KingsGate? I'm guessing it's fairly lively and energetic?**

You would be right! It's lively, energetic and noisy. Some people love that and some people absolutely don't – and that's fine. That's the beauty of the church at large: there's something for everyone – we are one particular expression of the church. People are welcome to come and see for themselves whether it's for them or not.

**There are a lot of people who may be curious to find out more about God but remain cautious or shy. Like many churches, you run an Alpha Course for anyone who wants to learn about the Christian faith. What can people expect on the course?**

The Alpha Course is an opportunity for people to hear a very short talk from somebody laying out the basics of the Christian faith in a very relaxed atmosphere. People are grouped around tables so that once the talk is over the table can open up to discussion. And people can ask whatever they like – all those awkward or niggling questions which can help them to get to the nub of what it's all about.

The overriding point is that people are able to come into a safe environment and ask those questions without feeling embarrassed or judged. Of course, we don't have all the answers to everyone's questions. However, many of those that come onto the Alpha Course do then make a commitment to Jesus and stick around church, which is lovely.

**If someone professes not to believe in God but wants to attend an Alpha Course simply to find out what all the fuss is about, would they be welcome?**

Absolutely! In fact, most people are like that. They come with all sorts of questions and challenges, but then suddenly you'll begin to see that it starts to make sense to them.

*People can ask whatever they like*

*The atmosphere is lively, energetic and noisy!*





### Aside from Sunday services, how else does the church come together to foster that sense of community?

There's a really strong sense of community and family at our Sunday meetings – something we've worked very hard to encourage over the years. Beyond the Sundays we run a whole range of what we call LifeGroups. Because the church is so big – we have two Sunday morning services in our 1,200-seater auditorium – it is important that people can meet in smaller gatherings. There are around 100 LifeGroups meeting weekly, usually in homes, across the city and the region. After Easter we're also launching Connect Groups, where people can meet together based around a common interest or hobby.

Then there are all sorts of other wide-ranging activities that go on throughout the week here at the building, which caters for people of different ages.

### You do a lot of work in the community too, the most obvious example bring your support of the Peterborough Foodbank.

KingsGate Community Church is a founding partner in the Foodbank and we work with other churches across the city as well as a local mosque on this. It's one of those great opportunities where we can all work together for a common cause. Last year 42 tonnes of food was donated which meant the Foodbank could support more than 3,800 people.

### That's incredible! What other community projects does the church work on?

For many years we've run the Care Zone, a furniture recycling project that helps families in crisis to access good quality furniture, household goods and clothing [see our Charities feature]. We had been working out of a warehouse in Mancetter Square in Werrington but recently moved to new



Care Zone offers valuable training and volunteering opportunities

**Find out about the Alpha Course**  
Head along to KingsGate Community Church to enjoy an Alpha Meal – a fun evening with food and music. You'll also hear about the Alpha Course – a chance to explore and question the meaning of life. It's relaxed, informal and you can ask anything you like. The next Alpha Meal is on Sunday 25 September from 6.30pm and is free to attend. Contact the church for more details.



premises in Fengate, which is brilliant. In the early stages most of the furniture and clothing was donated by church members but the whole thing's expanded dramatically since it started,

and we're now also receiving support and donations from local businesses, which is great.

In addition to practical support, Care Zone volunteers take the time to listen, care and signpost people to access further support to help deal with any underlying problems they have. Care Zone also empowers people with barriers to employment through training and volunteering opportunities, for example through our carpentry workshop. This training helps to give them a better chance of finding employment further down the road.

### It sounds like you guys really practice what you preach – doing something practical, on the ground, and helping those in need across Peterborough.

The Salvation Army really led the way in all of that. They have been doing absolutely amazing work in the city long before we arrived. And some of the other churches across Peterborough are doing great work too. Together, we are all helping to



The Peterborough Foodbank offers a lifeline to many struggling families in the city



KingsGate Community Church

make a difference to the lives of the most vulnerable in our city.

### It's great to see such proactive work going on. Before we finish, is there a final message you want to across to anyone reading this?

Our doors are open. We want to provide a welcoming environment, particularly for those who wouldn't normally go to church or who have no understanding of the Christian faith. Come and see for yourself and, who knows, it might just be the beginning of an incredible journey.

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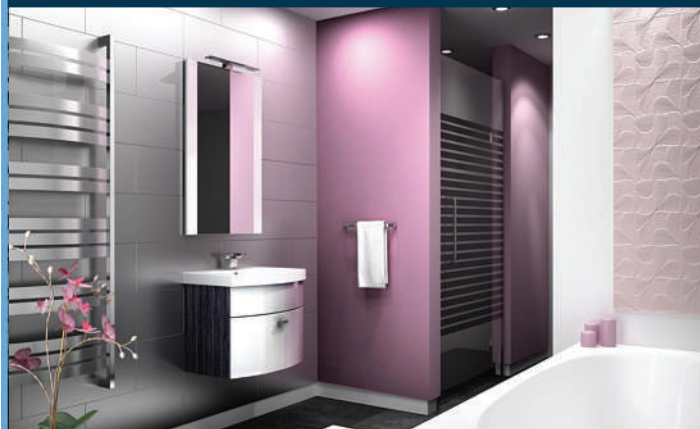


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# VET'S DIARY |

Peterborough vet Laura Frost reflects on what it's like when a vet's pet is ill...

**A**fter six years of training and seven years as a qualified veterinary surgeon, I have recently learnt what it is like to be a worried owner of a poorly pet. I am slightly ashamed to say that I turned from a calm, unflappable professional into a mildly hysterical 'cat mummy'.

## The vaccines we recommend for cats

We are very lucky in the 21st century to have such reliable and safe vaccinations available for our pets. Regular vaccination has led to a reduction in the cases of diseases that used to be commonplace, often claiming the lives of the animals involved and leading to outbreaks of disease. Vaccination of your pet not only allows good protection for them, but helps maintain herd immunity. This means that if a high proportion of animals are vaccinated, certain diseases have a reduced reservoir in the animal population, so become rare. By, vaccinating, you are not only protecting your animal but helping others as well.

● **Panleucopenia virus** - This is a similar virus to the one that causes 'parvo' in dogs. It attacks the fastest growing cells in the body, those of the gastrointestinal tract and those of the immune system. Animals become sick, not only from the virus itself, but from other opportunistic infections. It is not commonly seen today due to good vaccination cover.

● **Cat flu** - This is a complex involving several viruses (one of which is calici virus) which act together to cause ulceration of the eyes and mouth, conjunctivitis, gingivitis and upper respiratory signs. Young cats are particularly susceptible to this infection and may show some or all the above signs. It is an infection that is more common in crowded situations such as breeding colonies. It can be shed throughout life and signs of ill health can recur at times of stress, or as animals get older.

● **Feline leukaemia** - This virus is spread via saliva. The main route of transmission is from shared fighting. We strongly recommend that outdoor cats are vaccinated against this.

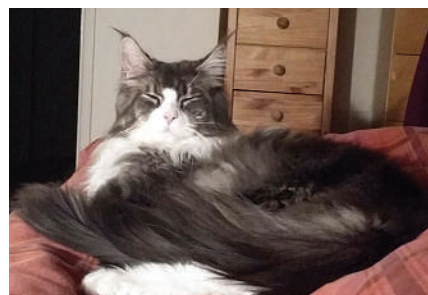
Unfortunately for my colleagues, they couldn't stop me breathing down their necks while Thor, my one-year-old and 7kg Maine coon went under anaesthetic. Hopefully the silver lining from this experience is that it will give me a new perspective to deal with the concerns people have about their pet's illness. Bottom line? I've been there.

When Thor was about eight months old I noticed that his gums were quite red.

At first, I put it down to teething, gave him some pain killers in his food and monitored him. All seemed to settle down until one evening we were playing with a white dressing gown cord (much to my husband's disapproval) and after lots of pouncing and biting, he (Thor, not my husband) suddenly ran and hid under the dining table. All along the end of the dressing gown belt were bloody little teeth marks. Through panicked, teary eyes I dragged him out from his hiding place. There was a thick red line around all of his teeth and the gum over his canines (or fangs as some people call them) was bleeding.

Rather than calmly thinking that I had some pain relief in the house that I could give him and making a sensible plan for a diagnostic test, I phoned my best friend (also a vet) in a panic and demanded that she came round to have a look. NOW! We agreed that his mouth was inflamed and that he was likely to be suffering from a condition called Gingivitis-Stomatitis complex. This condition is a multi-factorial disease with an underlying sensitivity to tartar. In a nut-shell, they are allergic to their own teeth (or the bacteria that inevitably lives on them). Some cats have a virus called Calici virus that can act as a trigger for symptoms; this virus is part of cat flu and is usually picked up early in life (see left for details of vaccination).

So, the next day I took a cheek swab and sent it to the virology department of Glasgow University. Each day, I impatiently checked the fax tray for results, thinking how hard it must be for other owners when they wait for me to ring. At least I would know the second the result came through. Unfortunately, it was positive, so after reading every article on the subject, I started



him on a three-month course of treatment called interferon, an antiviral that is diluted in saline and dripped over his gums daily. I am proud to say (with some help from my family) we didn't miss a single dose.

At the beginning of the course he had an anaesthetic for a deep clean of his teeth. This was to remove any invisible plaque and to clean below the gum line ready for regular tooth brushing. I decided that I didn't want to do the operation myself. I felt too emotional about it and chose a trusted colleague to do it for me. The 45 minutes it took seemed to drag. I tried to busy myself with all the little tasks I could find, while drinking two strong coffees and eating a month's worth of chocolate. Eventually, I was called in to see him while he was recovering. I turned round to the nurse who was looking after him and said 'I am proud of myself for not crying'. Not five seconds later, he awoke and made a heart wrenching mewling sound while covering his face with his paws. I spoke too soon. So if you cry when you leave your pet for an operation, do not be embarrassed. We know that it means you love them.

I am pleased to report that Thor now has a completely comfortable mouth; his virus has disappeared and he knows that when the kettle boils on a morning, it is time so have his teeth brushed. Good job that he is a gentle giant.



Laura Frost MRCVS MA VetMB is a vet at local veterinary practice Pengelly and Mizen.

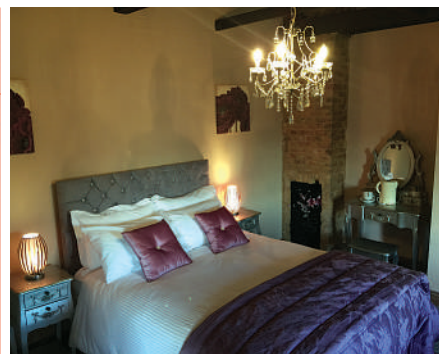
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48 Hargate Way Hampton Hargate,  
 Peterborough, Cambridgeshire  
 PE7 8DS  
 Tel: 01733 893990





# Pet answers

Don't settle for pet theories, get pet answers!  
Veterinary surgeon Cees Bennett answers your animal health questions



**My dog needs a lump removing but I'm terrified about him having an anaesthetic as he is 10 years old. is it safe?**

**A:** I have to start by saying that no anaesthetic is without risk but often that risk is very low. In itself age is not a concern, but it means animals are more likely to have underlying issues that can make an anaesthetic more risky. The key to any anaesthetic is assessing the risk and making sure that everything is done to minimise that risk. That can include taking pre-operative bloods to check the internal organs are working well, intravenous fluids to keep your dog hydrated and changes to the drugs used to be safer for an older animal. A vet should be able to go through this and between yourselves you can decide what things are appropriate. The good news is that a small lump removal is likely to be a much lower risk surgery than some performed and should entail a minimum of time under anaesthetic.



**My rabbit is spitting out some of her chewed food but still seems hungry. What could be wrong?**

**A:** The most likely cause of this is teeth problems. Because rabbits have constantly growing teeth they need to wear them down by eating and abrasion,

with any abnormal or uneven wear causing issues. The back teeth can end up getting sharp spikes, either to the tongue side or to the cheek side, that can cut the inside of the mouth and cause painful areas which then lead to difficulty eating. The front teeth can end up not aligned and grow very long and cause issues with closing the bite. You may be able to check the front teeth but a vet will need to check the cheek teeth and inside of the mouth. This can be a very serious issue if your rabbit does not eat at all due to the pain. The risk of dental issues can be minimised by ensuring the diet is made up in large part by good quality hay and roughage and not too much in the way of nuggets or fruit and veg.



**We have a new puppy and his teeth are very sharp when he bites us and it hurts the children. How do we stop him?**

**A:** I will have a guess and say that when you first got him everyone played with him and it was fun when he fought back but now he won't stop? When a puppy is young he will want to play a lot and will learn based on our reactions. When he is very small the play bites don't hurt so we will often encourage this play because it is fun. Unfortunately he will learn that this is acceptable behaviour and he will have no idea of how hard he should play bite. Now you will need to teach

him that this is not acceptable. This may take some time and will involve everyone in the family doing the same training and not encouraging him to play bite. If he does bite take your hands away and either say 'ow' or 'no' loudly so he reacts and then encourage play with a dog toy instead. If he persists then you can give him some time out in another room away from the excitement but with a toy as distraction. If you are struggling or in doubt have a chat with a veterinary nurse as a start. Our nurse Helen Connor is very good at these issues.

● **Do you have a pet or animal health question? Send it to us at: [editor@themomentmagazine.com](mailto:editor@themomentmagazine.com) Cees will endeavour to answer all questions, whether published or not!**



**Cees Bennett BVetMed MRCVS**  
Veterinary surgeon and Joint  
Venture Partner at:  
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231-233 St Paul's Road  
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PE1 3RL  
Tel: 01733 890777

& **Bretton Vets4Pets**  
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# MICROCHIPPING:

## keeping you and your pet together

The UK's largest dog welfare charity, Dogs Trust, reported that last year 111,986 stray and abandoned dogs were picked up by Local Authorities across the UK. Of these, only 40% were reunited with their owners; the rest will have ended up in a re-homing centre, or worse, been put to sleep. But microchipping – compulsory for all dogs from 6th April 2016 – could bring much of this anguish to an end for both the unfortunate pets and their owners. Best Friends Veterinary Group offers expert advice on how it works, and why vets recommend it.

**P**ets can go missing for a whole variety of reasons. They can become confused after a house move, or scared by fireworks, thunderstorms and even road works, invoking their animal fight or flight instincts. Animals that naturally wander, such as cats (microchipping isn't just for dogs...) can become injured and not be able to get home, or simply wander too far and get lost.

It is thought that only around 50% of dogs are microchipped, and even fewer cats, despite many going missing every day. Collars and tags with addresses or phone numbers are often lovingly given to pets, but these have their limitations. They can become detached, leaving a much-loved family member lost and unidentifiable, and need to be replaced any time you move house – a detail that is easily overlooked in a busy house move.

Microchips have numerous advantages however, allowing vets and local authorities to quickly identify a pet's owner and return the pet home with the minimum of stress for all concerned.



### Cheap as chips!

Best Friends Veterinary Group and Vetsavers have joined forces in light of the law change and are offering microchipping for a set price of just £9.99 across all their surgeries prior to the 6th April 2016. Best Friends Holbeach and Vetsavers Spalding will be offering the service at the even cheaper price of £7.49 for a limited period only.

- To find out more, give us a call or drop in to make an appointment.

### Why do vets recommend microchipping?

A microchip provides a permanent, inexpensive form of identification – for life. The chip cannot become detached or lost and is a form of identification that can move with you; all you have to do is update an online database when you have moved. It is also good value – not significantly more expensive than some engraved tags. Ask yourself how much you would pay to get your pet back if it was lost – the answer is likely to be a lot more than the cost of a microchip.

### Who can be microchipped?

Microchipping is commonly done on cats, dogs and rabbits, but many other species including birds, horses, reptiles, small furries and even fish can be chipped!

### How big is a microchip?

The chip itself is smaller than a grain of rice and in cats, dogs and rabbits is implanted under the loose skin of the neck which is usually almost pain free for the pet.

### Is there an optimum time to microchip my pet?

Most vets recommend microchipping at the time of the second injection in your

pet's primary course or any time after this. Microchipping is usually performed fully conscious and takes just a few moments.

### A chip is a chip is a chip..?

Not all microchips are the same. Microchips and readers can vary considerably from suppliers, so it is vital that a good quality chip with maximum readability is used and implanted correctly. At Best Friends Veterinary Group and VetSavers, we use Tracer Advance microchips, which are currently the only non-glass microchip in the UK and are ten times stronger than glass. Once implanted, all Tracer Advance microchips are registered with Petlog which is managed by the Kennel Club.

### About microchip databases

The Microchip database is the key to the reunification process and owners can be confident that the database linked to the Tracer Advance microchip is robust now and in the future. If your pet is already microchipped but you have moved house or changed your phone number, make sure you have updated the database which you can do at [www.petlog.org.uk](http://www.petlog.org.uk).

Petlog also offers the opportunity to add holiday contact details so if you do decide to take your pet with you and it does become lost in a strange place – the database will know where you are and how to get in touch.



### Broadway Veterinary Hospital

158 Broadway, Peterborough

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*"I've been coming here for about four years now and they make my dogs feel really welcome and the staff are always friendly!"* - customer testimonial, Best Friends Holbeach



# BOLD AND beautiful

Olive Grove Nurseries is launching the new growing season with a fresh delivery of awesome architectural plants. Why not take a look?

It may have been a long, dank winter but the arrival of brighter days and warming temperatures signals that it's time to turn our attentions to the garden once again. Olive Grove Nurseries has been phenomenally busy over the winter, ordering in new plants and stylish outdoor furniture to turn your outside space into an extension of your home.

## Architectural plants

Olive Grove is famous for its bold and brazen architectural plants. 'This year we've really gone to town,' explains co-owner Tim Thackeray, 'bringing in a range of instant-impact architectural plants that have a real 'wow' factor to them.' Plants include olive trees, palms and big hardy yuccas, all of which can withstand temperatures down to -6°C with many hardy down to a decidedly chilly -15°C, making them more than suitable for the Peterborough area.

'A lot of these plants are readily available to professional garden designers but usually not the general public. That's why we originally started Olive Grove Nurseries – to bring these plants to average gardener,' says Tim. Many of the largest plants simply aren't available outside of London, so to have a supplier on our doorstep is a huge advantage those looking for a stylish, contemporary garden.

Many of Olive Grove's plants take off



Owners Jackie and Tim look forward to welcoming you



where other nurseries and garden centres finishes. Their smallest places normally have two to three years' further growth on the biggest available in the average garden centre, making them exceptional value for money. Plants are available from as little as £10, with olive trees starting at £40. 'We have big specimens and smaller, inexpensive variants of the same plant. So somebody could spend £1,000 for the biggest olive tree or just £40 for a smaller alternative. We do this with most of the plants we stock, so there's something for all pockets.'

## Outside inside

The stock of outdoor furniture is equally as accommodating, with a new contemporary range for this season. 'We've got furniture with a new outdoor fabric. It's completely waterproof and very comfortable – a great alternative to rattan.' Items include an outdoor sofa, making outdoor living that little bit more luxurious.

Indoors the home interiors section has undergone a total revamp, with a new layout that allows for room displays that provide a wealth of ideas for improving your own home. Furniture and accessories on offer

range from vintage shabby chic to ultra-contemporary.

## Make a day of it

With the opening of a 100-seater bistro over winter, Olive Grove Nurseries also offers an attractive dining venue, with new kitchens and new menus featuring wood-fired pizza, fresh pasta and a range of hot starters from the on-site deli, which stocks a vast range of fine foods from small, independent producers. The bistro is open for lunch seven days a week and on Friday and Saturday evenings. Diners visiting on Wednesday lunchtimes, Fridays and at the weekend can enjoy their meal to the accompaniment of live music, from classical guitar to soothing vocals.

'Olive Grove Nurseries offers a different day out,' says Tim. 'Set aside an afternoon and take your time soaking up the relaxed shopping experience that we offer.'



## Olive Grove Nurseries

Oundle Road, Polebrook, Northamptonshire PE8 5LQ.  
01832 275660, [www.olivegrovenurseries.co.uk](http://www.olivegrovenurseries.co.uk)



# DIG IN THIS SPRING!

Fresh air, gentle exercise and home-grown veggies – just some of the benefits of tending an allotment! And with plots vacant across Peterborough's 25 allotment sites, now's the ideal time to take one on

**M**ore than 300,000 British gardeners tend an allotment, enjoying the sunshine on their backs as they dig, sow, weed, water and pick. Allotments are a great way to supplement the weekly shop, ensuring a ready supply of delicious and often organic produce at next-to-no cost.

This year has seen a surge in people pledging to adopt a more balanced, healthy lifestyle. There's no secret to achieving long-term health – regular exercise and a diet full of fruits and vegetables are key. And both can be enjoyed on an allotment!

Peterborians are lucky. While many cities across the country are saddled with long waiting lists for their allotments, Peterborough has around 70 vacant plots, meaning that in some parts of the city keen-to-go gardeners can break ground sooner than they might imagine. New allotment holders receive a lot of support too, with allotment representatives on hand to explain all the ins and outs of the site and the best crops to grow. And if the thought of endless digging doesn't appeal, many of the city's 25 allotment sites offer a rotovating service, leaving a tilled soil ready for immediate sowing and planting.

As well as offering fresh fruits and vegetables, allotments provide a welcome bolthole: a place to get closer to nature, to socialise with other plot holders or to find that quiet time to think as you work. Fellow



growers are always happy to share advice and excess produce, creating a friendly atmosphere that's unique to allotments.

One of the most appealing features of running an allotment plot is the prospect of cheap but wholesome food. Growing your own can be as low-cost as you choose,

with gardeners using clever techniques to eek out precious resources, including saving seeds from one year to the next so that new crops need never cost a penny. Allotment holders usually have access to discounted tools, fertilisers and seeds, plus bulk loads of compost to barrow away for nothing.

If you don't fancy the work of a full-sized plot (250 square metres) then opt for a part-plot which will still yield a considerable amount of produce over the course of a year. With annual rental costs around a modest £50 for a full-sized plot, tending an allotment makes sound economic sense, with diligent growers saving literally hundreds of pounds a year. So isn't it time you dug in?

## Turn your food into fuel

Home or allotment-based composting turns compostable kitchen and garden waste into a valuable source of nutrients your plants will love. For food waste that can't be composted, such as meats, dairy products, baked goods or cooked foods, there's the council's food recycling service. Use your indoor food caddy to collect your kitchen scraps then transfer to the large outside food caddy for collection day. All of Peterborough's food waste is taken to a special processing plant to be turned into fertiliser and gas that is then used to generate renewable electricity, turning your waste into a valuable asset!

● To order a replacement food caddies visit [www.peterborough.gov.uk/residents](http://www.peterborough.gov.uk/residents) or call 01733 747474.



## Join Peterborough's allotmenters

Find out more by emailing: [allotmentspeterborough@amey.co.uk](mailto:allotmentspeterborough@amey.co.uk) or call 01733 425343. For further details of Peterborough's allotment sites head to [www.enterprisepeterborough.com/StreetCare/Allotments](http://www.enterprisepeterborough.com/StreetCare/Allotments)







# ‘GREEN’

## SHOOTS GROWING IN PETERBOROUGH SCHOOLS

When it comes to creating long-lasting environmental behaviour change, what better place to start than in schools? As we discover, Peterborough’s ahead of the pack in supporting eco education...

**T**he independent charity Peterborough Environment City Trust (PECT) aims to create a truly sustainable city and beyond, delivering ground-breaking and innovative projects of local, regional and national significance.

PECT works with a multitude of communities, schools, businesses, local authorities and voluntary organisations to deliver projects that make a real difference – but it is the charity’s work with environmental education that is really helping to inspire younger generations to create long-lasting behaviour change.

Did you know that 97% of schools in Peterborough currently deliver eco education activities – one of the highest levels of uptake in the UK? Plus, did you know that the city is leading the way nationally with its bespoke Peterborough Eco Framework for schools?

The framework allows schools to show both their progress towards becoming Sustainable Schools and their contribution towards creating the UK’s Environment Capital. It is embedding knowledge of sustainability issues into the school ethos to inspire the next generation of forward-thinking students.

There are 10 themes in the Framework and schools can work on a number of themes simultaneously, but each one is assessed and certificates awarded individually. These themes are: local and

sustainable food, health and happiness, land use and wildlife, sustainable water, zero carbon, zero waste, sustainable transport, sustainable materials, equity and local economy, culture and heritage.

For each theme there is a target for 2050, objectives to work towards, and a list of local providers who can assist with resources and information. The aim is for schools to develop a responsible outlook among the pupils based on an appreciation of the impact of their personal values and behaviours.

In 2015 the new Peterborough Eco Framework flag for schools, which was inspired by designs from local pupils, was unveiled. This flag will be flown at schools throughout the city to celebrate and mark students’ environmental achievements. Certificates will be awarded for each theme, and when a school has achieved five themes they can proudly fly the flag.

‘We wanted the pupils to play a significant part in the creation of this flag and so we ran a competition looking for their designs,’ explains Environmental Education Coordinator Jill Foster.

‘We were delighted that over 100 entries were submitted, then student Eco Teams shortlisted 15 entries, which a professional designer interpreted to create our finalised flag. It was fantastic to unveil a flag design that students had contributed so massively towards.’

PECT helps schools reduce their





carbon footprint, acting as a single point of contact for schools and other local environmental education providers to facilitate a coordinated approach to eco education in Peterborough. Information about resources, events, competitions and teacher training is collated and circulated to schools via the termly newsletter Green Schools News. Regular twilight meetings are held on specific themes and also general eco forums to allow schools and organisations to share best practise.

Direct support is provided to individual schools to support them to increase and embed the amount of environmental activities taking place in school. This takes the form of in-school visits and email support. There is also a small library of resources which schools can borrow for free.

Finally, the successes of Peterborough Schools are celebrated at the annual Peterborough Eco Education Awards (PEEA), which were first held in 2009. This is an all-day event where more than 20 schools from across the city, and including all phases of education, share their eco projects, take part in fun eco activities and are presented with awards to recognise their achievements.



To find out more about how PECT could support your school please contact Jill Foster on 01733 866440 or email [jill.foster@pect.org.uk](mailto:jill.foster@pect.org.uk). Visit [www.pect.org.uk/schools](http://www.pect.org.uk/schools).



# Are you auto enrolment ready?

Smaller companies are now starting to fall within the Government's new workplace pensions scheme. Knowing how to comply is essential if you're to avoid hefty fines. Tracey Richardson, Partner at chartered accountancy firm Rawlinsons, offers some guidance

**A**utomatic enrolment is the Government's way of encouraging more of us to save for retirement. Before auto enrolment many workers simply missed out on a private pension, either because they weren't offered one by their employer or because they failed to join their company's scheme.

The change in the law means that all employers must now provide a workplace pension for their workforce, with all eligible workers automatically enrolled into their scheme. This is in contrast to the previous system where employees had to actively opt in – a fact partly blamed for their poor uptake.

## Staging dates

The date each company must set up its workplace pension by is called its staging date. The largest employers had the earliest staging dates, with those employing more than 250 people staging between October 2012 and February 2014. Employers with 50 to 249 employees were next.

Now it's the turn of companies with fewer than 50 employees, whose staging dates run anytime from the start of this year through to October 2017. Each company has a specific staging date assigned to it by the pensions regulator.

## Employer contributions

Legislation surrounding the new workplace pensions defines the minimum contributions that must be made by both staff and employer. These minimum contributions will be scaled up over the next few years. Currently both start at 1%, with the employee contributions enjoying tax relief. Contributions can be summarised as follows:

Staff contribution	Employer contribution	Government contribution (in the form of tax relief)	Total contribution
0.8% of earnings, rising to 4% by 2018	1% of earnings, rising to 3% by 2018	0.2% of earnings, rising to 1% by 2018	2% of earnings, rising to 8% by 2018

By 2018, workplace pensions will represent a minimum of 8% of an employee's total qualifying earnings. Both employee and employer may of course pay more into their scheme.

Pension contributions are not the only cost borne by employers. Other costs include setting up the pension scheme, professional adviser fees, investing in suitable payroll software and, of course, staff time in setting up and administering automatic enrolment. Clearly this represents an additional burden for employers, but at the same token it provides a fresh opportunity for companies to offer their staff additional benefits, such as contributions over and above the minimum level.

## Qualifying schemes

Company pension schemes must qualify under the new workplace pension rules; some employers may already have a scheme in place and believe they are ready, but the scheme isn't necessarily compliant.

By 2018, workplace pensions will represent a minimum of

**8%**

of an employee's earnings

Employers should have their scheme reviewed by a pensions adviser or enquire direct with their pension provider to assess its suitability.

To comply with the new legislation existing schemes may need to be tweaked or, in some cases, a completely new scheme may have to be set up. So after confirming their staging date, the next thing on a company's checklist should be to check the compliance of its scheme.

Setting up a pension scheme that satisfies the auto enrolment criteria can be costly. If there's not a scheme in place then a company will need to research the market or employ a financial adviser to assess the best pension scheme for its size and



## How did a city businessman turn 37p into £100m?

Rawlinsons is running a special business bootcamp to help local companies improve their performance in 2016. The event, which follows on from the Opportunity Peterborough Bondholders Business Breakfast on Wednesday April 6, is designed to provide useful advice for small and medium sized businesses, which make up the vast majority of the city's economy.

Keynote speaker at the 2016 Business Bootcamp will be city entrepreneur and Kiddicare founder Neville Wright, who will explain how he turned 37p into a £100m fortune and the lessons he learned along the way. Other speakers include Ken Craig and Richard Borrington who will offer advice on dealing with new tax changes and pension planning. There will also be an overview of the commercial property challenges facing the city.

The presentations start at 9am and finish at 11.30am with refreshments available for useful networking at the end of the formal proceedings. The venue is The Peterborough School on Thorpe Road. To attend the 2016 Business Bootcamp – which is free of charge – please confirm by emailing [joanna.bacon@rawlinsons.co.uk](mailto:joanna.bacon@rawlinsons.co.uk) or call her on 01733 568321.

By 2018, workplace pensions will represent a minimum of

**8%** of an employee's total qualifying earnings

## Auto enrolment training

Do you want independent advice from Financial Conduct Authority (FCA)-approved professionals without having to pay for their time? Rawlinsons, in partnership with its pensions and investment company Rawlinsons P.I.P Limited, will be hosting auto enrolment training and advice sessions throughout the year. The next sessions are: 17 March, 14 April and 12 May.

It is vital that employers are aware of their auto enrolment duties in order to prepare for their staging date and avoid hefty fines. This essential training session will tell you all you need to know about workplace pensions, including your legal duties, to ensure your businesses remains compliant. The session features much-needed advice on which pension scheme to choose.

### The following topics will be covered:

- Understanding your auto enrolment duties
- When it will affect you
- How much it is likely to cost
- Which pension scheme to choose.

The 90-minute training session starts at 10am. Those attending will receive an auto enrolment toolkit, which can be taken away to help guide you through every step of the process. You can also take advantage of a follow-up phone consultation with pension specialist Richard Borrington.

The delegate rate to attend is £250 +VAT. This is a lot less than the thousands charged by some professionals for the same advice! The session will be held at Rawlinsons' offices in Peterborough. To book a place or for more information call Joanna Bacon on 01733 568321 or email [joanna.bacon@rawlinsons.co.uk](mailto:joanna.bacon@rawlinsons.co.uk)

The delegate rate to attend is

**£250<sup>+VAT</sup>**

circumstance. It's important to consider who will administer it – companies will need to work out how much to contribute and who is in the pension scheme. This really needs to run alongside the payroll. Most payroll software providers now include additional modules that can run the assessment necessary for auto enrolment.

With the payroll side of things taken care of, the next thing to consider is how to transmit the information out of payroll and across to the pension provider. Each pension provider is different and, of course, so is the software. The best course of action is to check with the pension provider and work back from there.

The plethora of payroll software and systems can be quite complicated. The smaller businesses now falling under auto enrolment may not have the necessary skills in house, which is where Rawlinsons' payroll services can help. Rawlinsons can tailor support to each business, according to the service required. Prices start at £35 a month. Calling on our expertise could save valuable time, worry and even money.

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# Go for **Gold** in Shine's anniversary year

The year 2016 will be a special one for Shine as it is the charity's 50th anniversary. The charity, first called ASBAH, started in 1966 to help families with spina bifida and hydrocephalus. It has since developed into the Shine it is today – with more than 11,000 members and a head office in Park Road, Peterborough. The charity is now looking to raise lots of money in this anniversary year, including recruiting 100 companies to pledge £500 for the Go for Gold Challenge.

**S**hine will be celebrating everything that has been achieved since its inception in the 1960s with a series of events throughout 2016.

It is the only national charity offering specialist health services to people affected by spina bifida and hydrocephalus – the golden thread or 'SH' of Shine.

The charity's health and education expertise goes beyond that offered by national services, and ranges from general health advice to one-on-one support from the health and development and education teams.

Shine has a network of support and development workers around the country who are at the end of a phone, email, Facebook or Shine event providing a reassuring voice to people experiencing the changes and daily challenges that spina bifida and hydrocephalus can bring for individuals and families.

They are skilled at supporting people through change and loss, and enabling people to feel more positive about their future even when the going is tough.

Collette, one of the support and development workers, said: "A big part of what we do is helping young families come to terms with a new diagnosis, which can feel so isolating, so our events and Facebook groups help to connect members so they feel less alone. Sometimes, just knowing there is someone out there who understands and cares makes all the difference."

Shine's education team also work with schools so that teachers understand how spina bifida and hydrocephalus affect daily life and learning, and how to support their young students to reach their potential and feel valued members of their classes.

Special golden anniversary events taking place in the Peterborough area to raise money will include the official launch at the



Shine services support children like Maya

Golden Anniversary Service in Peterborough Cathedral (13 April), the Shine Megacycle Festival (31 July) and a Shine Firewalk at Knarr Farm on 8 October.

Also in July, the 'Spina Bifida and Hydrocephalus: Our Heritage' exhibition will launch in Peterborough – the first exhibition of its kind in the UK. It will be fully open to visitors by the summer.

Shine Chairman, Richard Astle will be undertaking various challenges for the charity, including a 50-mile walk and an overseas trek.

Richard has already raised £40,000 for the new Shine Health Hub, which offers specialist health checks for members with spina bifida and hydrocephalus, both complex conditions.

He has also been a key player in developing Shine in the City, which aims to build upon a spirit of partnership to develop mutually beneficial partnerships in the city.

Not least of these is the Go for Gold Challenge to recruit 100 companies to pledge £500, thereby raising £50,000 in Shine's anniversary year.

Richard said: 'So much has been achieved by the charity during the last 50 years. The service and support it provides are vital so if you are able to help us during 2016 to make sure this is a year to remember then we would very much appreciate the support.'

## Fundraising events

- **March** - Mother's Day cards - download your own cards from the Shine website for a special person in your life
- **April** - Shine's Golden Anniversary Service, Peterborough Cathedral, Wednesday 13 April
- **Summer** - Shine's Megacycle - back by popular demand - a summer special event for all the family
- **July** - Official launch of the Heritage Exhibition
- **October** - Spina Bifida and Hydrocephalus Awareness Month - lighting up key venues around the country
- **October** - Firewalk, Knarr Farm near Peterborough, Saturday 8 October

Shine runs numerous other events all over the country so that members can meet up with one another, have fun and share and learn together. Below are details of some of the events coming up.

For more information or to book for our events, unless otherwise stated, please contact [servicesadmin@shinecharity.org.uk](mailto:servicesadmin@shinecharity.org.uk) or phone us on 01733 555988.

You can also find details on the web calendar at [www.shinecharity.org.uk/events](http://www.shinecharity.org.uk/events)

## Want to help support Shine?

If you would like to pledge support to the Go for Gold Challenge, or would like further information, please contact Shelley Green on [shelley.green@shinecharity.org.uk](mailto:shelley.green@shinecharity.org.uk) or call **01733 555988**

## Join the 2017 trek

Richard Astle, Shine Chairman, and also managing director of local PR and marketing company, Athene Communications, will be celebrating the anniversary his own way - leading a 50-mile walk between Ely and Peterborough in late August and taking part in a trek in Costa Rica in January 2017. Several local businesses have already signed up to join him on both - get in touch if you want to be part of either challenge - [richard@athene-communications.co.uk](mailto:richard@athene-communications.co.uk)



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# FIBRE

## to the people!

How do you know what the right internet connection is for your business? Shelley Cash explains the differences and makes the case for a pure-fibre service

**A**s the reliance on cloud computing and remote solutions continues to grow, businesses are increasingly looking at their internet connections to make sure they can support their growing bandwidth needs. Connectivity is no longer simply about internet access, it now underpins a business' entire operational capability.

But with so many options available and digital dependence only increasing, how does a business choose the right solution to meet its current and future needs? Here is a brief guide to the different types of connection available. This should help you to navigate the minefield of options and make an informed decision on what the best connection is for you.

### DSL (digital subscriber line)

The most basic technology used to deliver broadband is DSL (digital subscriber line) which uses copper telephone lines to transmit digital data. The oldest and poorest option available to most businesses, DSL is painfully slow, with download speeds at a maximum of 20Mbps and upload speeds just 2Mbps on a good day. Despite – unforgivably – being the only option available in some business parks, DSL will strangle the digital capabilities of all but the smallest businesses. Our advice is to steer clear!

### Fibre-to-the-cabinet

The next step up on the connectivity ladder is Fibre-to-the-Cabinet (FTTC). FTTC does what it says on the tin; data runs at the speed of light through fibre until it reaches the street cabinet where it is then translated into slower electrical signals passing across a copper cable into your building. The technology means that speeds are inconsistent, dropping at peak times,

and will tend to max out at 80Mbps. For many businesses FTTC can meet their basic requirements but for those becoming more reliant on cloud services or supporting larger numbers of staff, it can prove sluggish and unreliable.

### Leased lines

Larger businesses seeking greater reliability, consistent speeds and, crucially, symmetrical upload speeds, have had no choice but to opt for a leased line. Typically delivered over pure fibre, leased lines provide dedicated connectivity to businesses that can't risk the roller-coaster of FTTC. They come with a hefty price tag though and businesses taking 100Mbps leased-lines, and faster, can find themselves paying thousands of pounds a year.

### Fibre-to-the-premises

More recently, however, a new breed of products has emerged to provide many of the benefits of leased lines for a fraction of the price. Fibre-to-the-premises (FTTP) brings pure fibre directly to your building. With no copper to slow data down FTTP networks can easily run at Gigabit speeds



A bright future! Installing ultra-fast gigabit-speed broadband

## FTTP networks can run at speeds of up to 1000Mbps!

– that's up to 1000Mbps! Rather than slowing them down, some innovative internet service providers are offering gigabit connectivity for a little more than the cost of a fast FTTC line.

While not a dedicated connection, these Gigabit internet services provide ultra-fast speeds that will make light work of remote backups, data-heavy cloud services and VoIP, while simultaneously serving a large number of users. If available in your area, these are well worth considering to future-proof your business connectivity – and you'll have bragging rights with one of the fastest internet connections in the UK!

FTTP is currently being rolled out in locations across the country by CityFibre, the largest independent provider of pure-fibre infrastructure in the UK. If you'd like to find out more about moving to a pure-fibre connection, register your no-obligation interest with the Peterborough CORE, Peterborough's very own gigabit-speed network.



Find out more or register your interest in the Peterborough CORE at [www.peterboroughcore.com](http://www.peterboroughcore.com) You can also follow Peterborough CORE on Twitter @PboroCORE.



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# Signpost 2 Grow

The Greater Cambridge Greater Peterborough Enterprise Partnership has launched its one-stop shop for business advice. Laura Welham-Halstead, Head of Communications and Connectivity, tells us all about it

**The Greater Cambridge Greater Peterborough Enterprise Partnership is our region's Local Enterprise Partnership (LEP). What is the purpose of a LEP?**

The purpose of a LEP is to help businesses overcome barriers to growth. Our LEP was set up to help our economy grow and to create the right conditions

for businesses to employ more people. This is achieved on a really big scale through infrastructure projects, such as the Bourges Boulevard upgrade, the development of the new Future Business Centre at Peterborough Football Ground, and by funding The Skills Service. Signpost 2 Grow is a much more localised, face-to-face way of helping individual businesses.

**What was the impetus behind getting Signpost 2 Grow off the ground?**

Essentially Government asked us to demystify the business support landscape. We know the help's out there, but businesses aren't finding it. They wanted us to sort this out on a local level. So we came up with the Signpost 2 Grow concept – a way of gathering all that disparate information together into one place. We won funding from central Government to get it off the ground.

Quite a few of the team, including myself, have run our own businesses and remember how difficult it was to find networking events or to find the mentoring we desperately needed, particularly for things like business planning. I know I found it really difficult and if there had been one place I could have gone to it would have saved me hours of online searching!

**Would it be accurate to describe Signpost 2 Grow as a business help search engine?**

You could call it that, yes. There are a couple of parts to it. One part focuses on the business support and grants available. You can search by business size and then by topic – everything from finance to recruitment. Then there is a separate event finder tool, which allows you to search for events based on how far you're prepared to travel.

**You touched on a couple of business support topics. What breadth of advice is searchable on the Signpost 2 Grow website?**

There is such a broad range of help out there, from face-to-face support through to help from an enterprise agency such as NWES, who can offer business planning advice to both start-ups and businesses looking to expand. There are grants available for different purposes – for example buying a new piece of kit. Then there's help from the likes of UK Trade &

Laura Welham-Halstead and Louise Bellwood of The Greater Cambridge Greater Peterborough Enterprise Partnership





Investment for companies looking to start exporting; they can give specialist advice on particular countries and can help with the paperwork. There's also guidance on internationalising your website. There's just a huge range of areas you can seek help on – from staffing to planning and everything in-between.

## One event recently highlighted on the website was a pop-up business surgery. How did that work and are there plans to hold more?

We're starting to roll these out. That surgery saw me and an enterprise adviser setting up shop and opening the doors to businesses to come along and meet us. We're doing something similar in Ely, when we'll have an accountant, a bank and an HR consultant in attendance, because businesses in that area say that retaining staff and understanding cash flow are key issues. Businesses get a free

20-minute appointment and during that time they can ask whatever they like.

In Peterborough we worked in partnership with Opportunity Peterborough, The Future Business Centre and what was then the Manufacturing Advisory Service to find out whether a manufacturers' association would be useful. So we tailor the support for the local area, identifying gaps in the support landscape where we can come in and have that physical contact.

## What else is in the pipeline for the Peterborough area?

On the back of the event around manufacturing we held in Peterborough last year, we are launching a local Manufacturing Association this spring together with our partners. We're also looking at doing some pop-up events in Peterborough too. We want to work with organisations such as Opportunity Peterborough and The Future Business



Talking shop at a recent business breakfast event

give out to businesses. Full details will be available on our website.

## What would you hope the legacy of Signpost 2 Grow might be?

The whole purpose of Signpost 2 Grow is to enable local businesses get the help, support and funding they need to grow. So for me it will be looking back and seeing a whole raft of businesses that have been able to employ more people and make more money as a result of the information and support we've been able to give them.

**{ WE HAVE ALREADY MANAGED TO CONNECT SEVERAL BUSINESSES WITH SUPPORT AND FUNDING, SO IT'S REALLY BEARING FRUIT }**



The Signpost 2 Grow team: Michelle Crosse, Dani Spence-Smith and Binal Cadieu



Delegates at the Peterborough Manufacturing Event

Centre on these; our approach is very much to work in partnership with those already on the ground. There are other events we are planning for the summer too and these will all be listed on our website.

Beyond our events programme, we will be launching Signpost 2 Grants very soon – grants funding that we will be able to

## Will Signpost 2 Grow run indefinitely?

We've just had an email through confirming funding for another couple of years. And our Board is fully committed to this, so Signpost 2 Grow is now an integral part of the LEP. We've only been up and running for a few months, but we have already managed to connect several businesses with support and funding, so it's really bearing fruit. In a recent finance workshop, for example, we helped people appreciate the difference between a bank account and company accounts – that their bank account doesn't represent all of their money because out of it has to come corporation tax, VAT and so on. You could see the penny drop with some of those attending, so some quick and easy wins have already been made.

## Can people pick up the phone if they prefer?

While the Signpost 2 Grow website is very easy to use, there are of course those who would prefer to talk to someone over the phone, and that's fine too. We have what we call 'navigators' who can help people to find what they are after. Ultimately we want to make it as easy as possible for people – we're here to help.



**Signpost 2 Grow**  
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# BACK 2 THE FLOOR

## for national apprenticeship week 2016

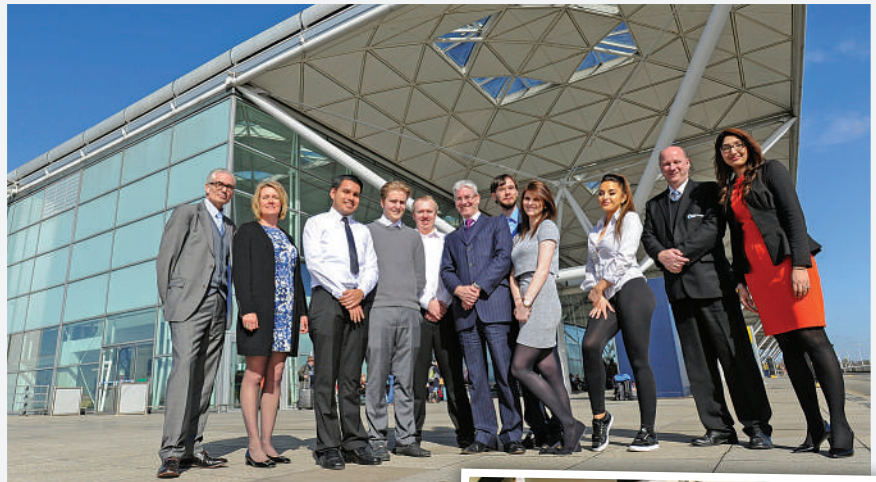
Last year, experienced business people from across Peterborough, Cambridgeshire and beyond went 'Back 2 The Floor' and became apprentices for a day in aid of National Apprenticeship Week. This year, National Apprenticeship Week 2016 is taking place from 14-18 March, and to celebrate the Greater Cambridge Greater Peterborough Enterprise Partnership (LEP) is encouraging even more people to get involved and go Back 2 The Floor.

**F**rom college principals to local journalists, last year's campaign emphasised the importance of apprenticeships and gave the participants a unique insight into business, whilst offering the chance to try their hand at a new career.

The placements ranged from IT apprenticeships at high tech app development firms and customer service at Stansted Airport through to the LEP's Chief Executive, Neil Darwin, trying out an Engineering apprenticeship at Marshall Aerospace and a journalist learning more about life sciences.

In Peterborough, Cross Keys Homes' Children, Young People and Families Manager, Helen Hutchinson, exchanged places with their Catering Apprentice, assisting with a busy lunchtime service. Whilst Peterborough City College's Principal, Pat Carrington, swapped her day job for a busy afternoon at Peterborough High's Nursery.

Neil Darwin, Chief Executive of the LEP, commented: 'Apprenticeships are key to the LEP's skills strategy and are available across a range of different jobs and sectors, with qualifications taking apprentices up to degree level. The LEP's Back 2 The Floor campaign aims to raise the awareness of apprenticeships



and emphasise the positive impact these roles have on both the business and the individual.

'I would encourage all local businesses who are considering taking on an apprentice to get involved in National Apprenticeship Week, and find out how an apprentice could add value to your business.'



If you would like to get involved in National Apprenticeship Week 2016, visit [www.gov.uk/government/topical-events/national-apprenticeship-week-2016](http://www.gov.uk/government/topical-events/national-apprenticeship-week-2016) to find events happening in your area and information for businesses looking to hire their first apprentice.



To find out more about the LEP's Back 2 the Floor campaign, visit [www.gcgp.co.uk](http://www.gcgp.co.uk).







# People power

Joanne Kennedy of **Western Union Business Solutions (WUBS)** heads up a more than 100-strong team based here in Peterborough. In 2011 she was recognised as UK manager of the year and in 2015 was awarded 'global most engaging manager of the year'. We secured a precious window in her busy schedule to find out what makes her and her team tick

**Joanne, you've got a pivotal role at WUBS. Tell us who and what you're in charge of.**

I'm the UK and Europe Operations Director for Business Solutions, heading up a team of about 130 people in Peterborough. The operations team is responsible for processing payments. That means ensuring details such as where payments are going to are correct and that payments are routed through the banking network in the right way so that they get to where they need to be as quickly as possible. It's all about quality and accuracy. As well as this back-office function, the team has to deliver exceptional customer service, going above and beyond to meet exacting customer expectations. Then in addition to the Peterborough operation I head up customer service teams across Europe, managing customer telephony relationships.

**Ensuring the smooth running of all of that must keep you on your toes!**

It does, but I've got a great team of managers working for me whose skillsets are focussed on developing people. This means making sure that every member of staff is kept engaged, inspired and has the opportunity to grow. Western Union is all about people – we are customer centric and want to meet our

customers' ever-changing needs, but we also want to develop and grow our own people, because we know that employee engagement results in at least a 10% addition to business growth.

**I suspect many businesses don't take employee engagement as seriously as they should, but that figure speaks for itself.**

Yes, absolutely. Speaking to various external people there is a perception that employee engagement is often seen as a bit of a tick-box exercise – maybe occurring as infrequently as once every two years. Western Union takes a different approach. We run a pulse survey every six months and then a fuller survey once a year. The surveys are anonymous and delve into employee opinions centred on

leadership communications – are our strategies and communications clear?

**Does your manager coach you and is he or she the best you've ever had?**

My team managers actively promote initiatives connected to what the business is up to. It's so important to bring a sense of fun to the role, because you spend so much of your time at work. I also want our staff to live and breathe our culture. That's the really great thing about working here – our employees genuinely care about the results we deliver.

**You mentioned being customer centric. Is it hard to be customer focussed when most of what you are doing is essentially behind-the-scenes stuff?**

There are two images I always keep in

**{ IT'S SO IMPORTANT TO BRING A SENSE OF FUN TO THE ROLE, BECAUSE YOU SPEND SO MUCH OF YOUR TIME AT WORK }**





mind: a customer image and a people image. That's the way we drive our business and those are my two main drivers too. When I took on this role three years ago the change from being an account manager within a sales team to someone within an operational team that was transactional based and had no insight into the customer was quite stark. Essentially we're just about processing payments. But the customer should still be at the forefront of our minds. And that's a change in culture that I've introduced during my time. I want to give a customer-facing edge to the operations team, so that everyone understands the consequences of what they do. Achieving this will be my biggest win. The culture in the team needs to be customer centric from front to back.

**WUBS has grown to become one of the largest employers in Peterborough. How did this come about?**

The company has gone through a number of mergers and acquisitions. I initially started with Thomas Cook back in 1997. I thought I was coming into a job to sell holidays! But actually my role was nothing to do with holidays – it was essentially paying international suppliers. Thomas Cook was a game changer – the non-bank payment provider that stepped into the market about 25 years ago to leverage the SWIFT international payment network. Start-up companies followed. One of those was Travelex, who transitioned from their bureau de change business into the payments business. Western Union then acquired this part of the business and this in time became Business Solutions – the business to business side that complements Western Union's consumer to consumer business.

**There are clear advantages to being based in Peterborough – gigabit-speed broadband and excellent connections being just two examples. Is there anything else that makes the city such a good place for your business?**

For us it's also the great talent pool of individuals working within the customer service sector; there are a lot of call centres

**we know that employee engagement results in at least a**

**10%** addition to business growth.

**I WANT TO GIVE A CUSTOMER-FACING EDGE TO THE OPERATIONS TEAM, SO THAT EVERYONE UNDERSTANDS THE CONSEQUENCES OF WHAT THEY DO**

that are based in Peterborough. And while we are not a call centre, we're very much relationship driven. We empower our teams, so telephone calls are not scripted. We get to choose from the top talent of the area. The same goes for our operational staff – the Peterborough area gives us a good talent pool and WUBS is fortunate enough to attract this talent.

**As such as big employer WUBS must have a strong corporate social responsibility ethic. What do you do on the ground to help the local community?**

Western Union's company ethos is 'creating economic opportunities for individuals, families and businesses'. We are very committed to doing good within the local area. Volunteering days offer an opportunity for our staff to give something back. Last year, for example, some of us visited Sacrewell Farm to help with their watermill restoration project. Others have volunteered with Sue Ryder and once a month we send a team to help out at the Peterborough Soup Kitchen, which provides warm, nourishing meals to the city's homeless.

Aside from this charity work, we are also forming local connections through our apprenticeship scheme, working with City College Peterborough and Peterborough Regional College. We've just come to the end of our first year on this.

**How has the apprenticeship scheme worked out for you?**

The apprenticeship scheme is a passion for me. Taking a closer look at our recruitment processes I could





see that we were typically going for the 20-year-old plus age group. I wanted to give some of the younger talent out there an opportunity too; not everyone wants to go down the university route. By running an apprenticeship scheme we can shape and mould a career for these youngsters and help them with their first steps into an office environment. They get taken straight into our employee grading system, which means they get a really good salary from the off.

The selection process is pretty rigorous. We put the would-be apprentices through an assessment. They then give a presentation, have an interview and take part in a group activity. The three apprentices we took on have set the benchmark very high for those that will



## DISRUPTION DOESN'T JUST COME FROM OUTSIDE; WE'RE CONSTANTLY SEARCHING FOR NEW TALENT THAT BRINGS DISRUPTION FROM THE INSIDE TOO

follow. They've become really great staff having successfully transitioned into full-time employees. We'll be going back to the college for another three this year. The operations team experience has been so positive that the sales department has also recruited three of their own apprentices.

### Does recruiting younger members of staff bring a fresher outlook and more energy to the business?

Absolutely! These guys have phenomenal IT knowledge, they think differently and they always want to do the best they can to improve themselves. That pushes our other staff, some of whom may have been here for some time. It also brings an element of fun to the business, and that stimulates creative ideas.

### You mentioned members of staff giving up their time to good causes locally. Local activity like that is so important in establishing a businesses' reputation. As an international company, how does WUBS connect with local businesses?

Our business development team is segregated out across the UK, so we have a team that focuses on the Peterborough area. The team networks locally and this gives it the opportunity to attend local

events, present their offer and connect with local companies – the business equivalent of speed dating! The aim is to improve the cash flow of those companies; what our products allow them to do is to better plan for the future by giving them visibility of their foreign exchange exposure. So, for example, when a business pitches to an international supplier, they need to take account of the cost rate into any forward contracts in order to guarantee their profit margins. We can help them with that.

### What is it about WUBS that you are passionate about, on a personal level?

It takes a lot to keep someone interested for 18 years! For me it is the fact that the company recognises growth potential – that partnership between a manager and an employee. It's not just a top-down, manager-led approach to business. There's a real partnership there, where the manager is able to recognise your strengths and give you the chance to go out and grow. Bringing in my own experiences, I've been able to demonstrate what I can do and I've been recognised for that. There's a people development

ethos at play here. Then there's the brand and our foundation work. We do a lot of good work in the local community and internationally, helping to educate people and improve their lives. That's something that's very important to me.

### And what do you personally hope to achieve over the next few years?

Technology moves very quickly in our industry and there are a lot of disruptors in the marketplace. Western Union may be a big brand but we've got to ensure we can move quickly enough to respond. That's one of the challenges we face. So with that in mind one of the things I'm most looking forward to working on is seeing what this next generation can bring to our industry and how their ideas might help to shape us. It's always about being quicker. The payments industry is quite old and the banks pretty much control the market. We need to work out how we can shape the market over the coming years – and that's a very exciting thing to be working towards!

### Are you worried about these new start-ups chipping away at your market share and upsetting the applecart?

Our business is always forward-thinking and our size shouldn't be an issue. Disruption doesn't just come from outside; we're constantly searching for new talent that brings disruption from the inside too. Western Union may be a big player, but we can also be innovative and nimble. There's a balance between recognising our own talent – and we've got a strong history on internal promotion – and embracing those fresh ideas that are coming along and new, innovative ways of doing things.



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# Figuring it out

When school leaver Natasha Fenner considered her next move, an apprenticeship at Chartered Accountants Moore Stephens really added up.

## Many school leavers head off to the bright lights of university after finishing their A Levels. What made you choose an apprenticeship instead?

I knew that university wasn't for me as I wasn't sure what degree I wanted to do that would make going to university worthwhile. I knew I wanted a route that would leave me with options for the future, and the business administration apprenticeship at Moore Stephens offered just that. I got to work within an environment where I could make a real difference rather than taking on a part-time job and probably getting into debt!

## So why Moore Stephens?

If I'm totally honest I didn't have much of a clue about what the company did until I did some research. Reading up on the company inspired me to believe in myself and that I could be an asset to the team. Accountancy was an area I'd previously considered – I like numbers and problem solving. The admin side of it helped me to gain an understanding of accountancy basics.

## What have you learnt so far?

Taking on an apprenticeship has helped me to become more independent and a fully-fledged adult! It's shown me the values of working in an office role and the results that can be achieved by working within a team. I've also developed my skills through the admin role, from basic



essentials such as using Microsoft Office to building my confidence on the phone. Crucially, working in admin proves just how important the department is to the smooth running of the business!

## What are your plans now you have your apprenticeship?

I completed the Business Administration Apprenticeship within a year and wanted to continue working at Moore Stephens. I'd decided I wanted to push myself further and start to learn the basics of accounting.

When I expressed my interest in becoming a professional staff member, our Business Support Team was in need of a new member of staff. They had trained people with bookkeeping experience in the past but they wanted to try someone in the team who already understood the clients. I have now started another apprenticeship with Kaplan working through the Association of Accounting Technician (AAT) qualification. I get trained in-house as well as going to the Kaplan centre in

## Staff partner Mick Lumsden explains why he decided to employ an apprentice

Our office manager, Natalie Ellis, had worked with apprentices in the past, so when we needed another staff member in our admin department Natalie asked if she could employ an apprentice. Natalie worked with Learn Direct to find a suitable candidate.

We liked Natasha from the start and it's been great to see our expectations met. Working with Natasha has increased our confidence in recruiting apprentices. We now have two more – one who has replaced Natasha in the admin team and another in our accounts and audit department. We have found that given the right training and support they quickly become very useful to us and often bring an added dimension to the office.

We believe passionately in the importance of training and development and are committed to lifelong learning for all of our staff. We have held the Investors in People award since 2015.

Cambridge to complete exams. I am really enjoying working with clients on their bookkeeping and VAT returns. My colleagues are very supportive and help and advice is always available.

## That's a really impressive start Natasha! What are your plans further into the future?

To continue through the levels of the qualification to become a professional member of AAT. This will show that I'm committed to my career.

### Office manager Natalie Ellis

Our work can be challenging, as we have to support all the teams in the office. Natasha has learned how to support everyone, from our tax team to our marketing manager, from partners to the audit staff. She has now moved into the business support team, where she has quickly learned bookkeeping skills. Her manager, Michelle Watson, is very pleased with her progress.



### Moore Stephens

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# At the pinnacle

Peterborough's latest business centre has plenty to offer new and expanding companies

**F**engate's new Pinnacle House Business Centre has welcomed its first tenants with space for more businesses to take advantage of the convenience this modern office and conference venue has to offer.

All offices are fully-furnished, come with onsite and visitor parking, a fully staffed reception and superfast broadband and VOIP telephony packages at just £15 per person. Business centre maintenance, a communal kitchen, break-out areas and a listing on the Pinnacle House website included with all tenancies as standard. New businesses looking to build their network may take advantage of the shared office space that's also available.

Pinnacle House works to a policy of clear and transparent pricing, which means there are no additional costs – what you see is what you get. The terms of lease are easy-in, easy-out, which means that after three months contracts switch to a monthly rolling basis, offering



businesses the flexibility to grow and move into bigger office spaces without having to wait. Best of all, there's still a 25% discount on the first six months' rent for the first six offices let!



Virtual office and hot desking packages are available. Pinnacle House also has conference facilities for hire, with tenants enjoying a permanent 25% on all bookings.



## Pinnacle House

Pinnacle House, Newark Road, Peterborough PE1 5YD.

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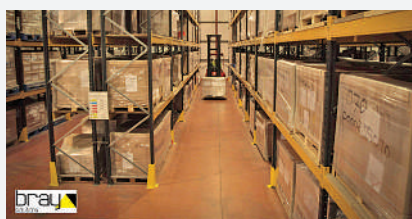
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or equipment costs. Time that would have been spent on posting and packing can then be used to focus on what companies do best – marketing their business and selling their products.

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# See you out of court!

Spiralling court fees and changing practices are increasingly favouring mediation as a means of settling commercial disputes. Andrew Hornsby of Hegarty Solicitors gives us the lowdown

**N**o-one likes going to court to settle disputes and with rising court fees this means of reaching a resolution is now even less popular! Court fees to issue proceedings for the recovery of money on claims worth £10,000 or more increased from April 2015 as much as six-fold! Fee bands were replaced by a flat fee comprising 5% of the total value of the claim. This means that the fee for a dispute worth £90,000 has surged from £910 in 2014 to £4,500, while the court fees for a £200,000 claim leapt

## **MEDIATION OFFERS A CHEAPER ALTERNATIVE TO THE COURTS, ALLOWING BOTH PARTIES TO REACH A SETTLEMENT BEFORE LITIGATION BECOMES NECESSARY**

from £1,720 to £10,000! This surge in fees is matched by the associated risk of failing to recover those costs should the litigation prove unsuccessful, the increasing prospect of an increase in the small claims limit purportedly to £25,000 and the potential introduction of online courts.

### **Mediation**

Thankfully there's an alternative to court action. Mediation offers a cheaper alternative to the courts, allowing both parties to reach a settlement before litigation becomes necessary. The earlier the mediation process can begin, the more cost effective it is likely to be thanks to the savings on mounting legal costs.

Mediation needn't be a scary process. Ordinarily a mediator is appointed by a solicitor. The mediator must be free of any conflicts of interests so as to allow a completely neutral standpoint. Evidence is usually presented in the form of a mediation bundle, the name given to all the documents relating to the dispute and on which the mediation will be based. The mediator will then talk to both parties in the dispute, serving as a sounding board between the two and brokering a realistic solution.

Once a solution is reached a settlement agreement is drawn up and signed by both parties. This legally binding document sets out the terms of the agreement and can be used as evidence in the event that one party attempts to renege on what's been agreed.

### **First things first**

Courts are increasingly expecting parties to at least attempt to settle through a mediator before litigation proceeds. In many cases the court will look at whether or not the party issuing the claim has been offered mediation. If mediation has been offered then the party bringing the court action may find that the court costs they have borne will be discounted or completely removed from the defendant's costs if the court interprets their refusal of mediation as being unreasonable. In some circumstances the court may even rule that the claimant pay the defendant's costs! Mediation isn't just a cheaper alternative therefore; it is increasingly becoming a necessity if criticism and unexpected costs are to be avoided.

Mediation is not obligatory and either party can walk away from the process whenever they please. But in order to attempt a settlement it is worth seeing the mediation process through to the finish. In most cases both parties will find it a more cost-effective, potentially manageable and certainly less stressful alternative to going to court.



### **Find out more**

If you would like to find out more about mediation then get in touch with Hegarty Solicitors, who can talk you through the process without obligation and at no cost. Andrew can be contacted at the Peterborough branch by calling **01733 295635** or via email: [andrew.hornsby@hegarty.co.uk](mailto:andrew.hornsby@hegarty.co.uk)





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# Dream kitchen

A new kitchen is top of many people's dream list of expensive home makeovers, but it's often postponed due to the expense, and the inconvenience. But what if there was a middle way, one that gave you the look of a brand new kitchen at less than half the cost – in two days? Kevin Thornton of Dream Doors explains...

**D**ream Doors transforms old and dated kitchens by replacing doors, worktops and drawer fronts, saving time and money. A Dream Doors kitchen makeover costs less than half the cost of a full kitchen re-fit and can be finished in just 48 hours, meaning far less disruption to the home.

'The company is the UK's leading kitchen makeover firm, but will also design and fit an entirely new kitchen, as well as offering a host of integrated appliances. All its doors are made-to-measure and of the highest quality, coming in a variety of different styles and colours to suit all tastes.'

This 'kitchen makeover' isn't a solution that's meant to be a stopgap until the real kitchen renovation can go ahead, either:



**BEFORE**



**AFTER**



## Top tips for future-proofing your kitchen

- Consider curved doors and rounded cornices to avoid accidents, bumps and scrapes.
- Opt for taps with easy to turn handles – think lever style rather than traditional style.
- Think carefully about lighting – opt for LED lighting in places where you might prepare food or need more concentrated task lighting, for example in units, under units and in plinths. Dream Doors can advise, supply and fit a range of lighting solutions including drawer, drop and over cabinet lighting.
- Select easy-to-clean surfaces and splashbacks to minimise cleaning time.
- Make sure your kitchen storage works for you and ensure lower level cupboards are easily accessible and can hold heavier items. Consider innovative storage solutions such as carousels and corner optimisers that pull out smoothly and easily and can store more items at lower levels.
- Think about easy-access pull-out drawers.
- Choose wide handles, which are easy to grab from any angle. Dream Doors has a bespoke handle brochure featuring over 200 styles of handles including wide handles and larger knob styles.
- If you think you might sell your home or rent it out at some point, think carefully about the colour of doors. Make it more marketable by opting for white or cream – something understated and stylish, with sleek fixtures and fittings such as the Dream Doors York range in Satin White.

## TRAINED AND EXPERIENCED CONSULTANTS WILL OFFER CLEVER, DESIGN-LED SOLUTIONS TO ISSUES SUCH AS STORAGE, LIGHTING, SPACE FOR DINING, AND SO FORTH

the quality is superb and will last as long as a new kitchen. Kevin explains how, with this in mind, it's worth thinking through how you might use your kitchen in five, even ten years from your makeover.

'What will your social life be like? Will you be retired or approaching retirement? Perhaps you'll be working part time, or putting in long, full-time hours at work? Maybe you're planning to travel more or perhaps you'll entertain more often. How do you think your health will be? Do you think you'll spend more or less time cooking in the kitchen? Are there any niggling issues now that might impact you in some way? Answering these questions honestly are the first steps in future-proofing your kitchen.'

These are certainly things to think about, alongside all the fun bits such as choosing tiles, styles and colour schemes, and it's something Dream Doors can help you consider. Trained and experienced consultants will offer clever, design-led solutions to issues such as storage, lighting, space for dining, and so forth.



### Dream Doors - Huntingdon Kitchen Showroom

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# WHAT'S ON

**V** = Vivacity events

## Events from March to May

NB Whilst we have made every effort to deliver the most up-to-date information, you are advised to check times and dates with event organisers and venues before setting off.

### **V** Until 29 May

#### **Pride, Prejudice and Peterborough** **Peterborough Museum**

Discover what Peterborough was like during the Georgian period. Free.

#### ● 10 Mar, 7.30pm

#### **Midland Road Cemetery Lecture** **Flag Fen**

Speaker: Nick Finch, AECOM & Ruth Whyte, York Archaeological Trust. £5 adults, £4 concessions.  
www.vivacity-peterborough.com

### **V** 9-13 Mar

#### **Key Comedy Festival** **Key Theatre**

Starring a host of comedians from all genres including: Mark Thomas, Dillie Keane, Rob Delaney, Mark Steel and James Acaster. Call 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

### **V** 10, 16 & 30 Mar

#### **Heritage Lecture Series** **Peterborough Museum**

Discover the fascinating story of Flag Fen's roundhouses with Dr Francis Pryor, and Ian Pycroft of Black Knight Historical. Call 01733 864663 or visit  
www.vivacity-peterborough.com

### **V** 12 Mar, 10am-4pm

#### **Celtic Dyeing with Chris Carr** **Flag Fen**

Discover how plants can be used to make a rainbow of colours in the reconstructed Bronze Age Roundhouse and dye linen and wool as they would have 2,000 years ago. £60 per person. Booking is essential and tickets are strictly limited. Call 01733 864663 or email  
museum@vivacity-peterborough.com

#### ● 16 Mar, 7.30pm

#### **Oakington Anglo Saxon Cemetery** **Lecture** **Flag Fen**

Speaker: Richard Mortimer, Oxford Archaeology East. £5 adults, £4 concessions.  
www.vivacity-peterborough.com

#### ● 17-19 Mar 7.30 (plus 2.30 Sat matinee)

#### **Bugsy Malone** **Cresset**

RARE Productions, the UK's largest youth musical theatre production company,

presents the popular show with a cast consisting entirely of young people. Call 01733 265705 or visit www.cresset.co.uk

### **V** 18-20 Mar, 7pm Fri, 2.30pm & 7pm Sat and 3pm Sun

#### **Wizard of Oz** **Key Theatre**

West End Wildcats are proud to present The Wizard of Oz. Call 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

### **V** 19-20 Mar, 9am

#### **Bronze Sword Casting with Dave** **Chapman** **Flag Fen**

Expert bronze forger Dave Chapman returns to Flag Fen to offer this opportunity to make and take home your own bronze sword. Tickets: £325 per person. Booking is essential and tickets are strictly limited. Call 01733 864663 or email  
museum@vivacity-peterborough.com

### **V** 19 Mar, 9 Apr, 7 May, 10.30am-1.30pm

#### **Georgian Family Tea Party** **Peterborough Museum**

With Georgian parlour games, a family trail, biscuit decorating and take-home crafts, plus a fabulous tea party lunch. £10, booking essential due to limited spaces. To book, call Peterborough Museum on 01733 864663

### **V** 21 Mar, 7.15pm

#### **Boris Godunov (Live Screening)** **Key Theatre**

Bryn Terfel takes the title role – one of the most complex characters in opera – while John Graham-Hall appears as the crafty Prince Shuisky and John Tomlinson as the vagabond monk Varlaam. Call 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

#### ● 21 Mar, 7.30pm

#### **Must Farm platform: the story so far....** **Flag Fen**

Speaker: Selina Davenport, Cambridge Archaeological Unit. £5 adults, £4 concessions. www.vivacity-peterborough.com

### **V** 24 Mar, 3pm

#### **The Nose that Nobody Picked** **Key Theatre**

Expect mountains of mucus, toe tapping tunes and two nostrils full of magic. Call 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

#### ● 25 Mar, 7.30

#### **Country Superstars Experience** **Cresset**

Europe's Leading Country Multi-Tribute Show, hosted by Sarah Jayne who has been performing as Dolly Parton for over 22 years. Call 01733 265705 or visit www.cresset.co.uk

#### ● 25 Mar, 8pm

#### **Comedy Club March 2016** **Cresset**

The longest-running comedy club in town brings you Scottish comedian and impressionist Geoff Boyz, New York's Darius Davies and rising star Jake Lambert. Call 01733 265705 or visit www.cresset.co.uk

#### ● 25-26 Mar, 7am

#### **Peterborough Festival of Antiques** **Peterborough Arena**

Buyers and sellers from all over Europe will be looking for a real deal at the largest showground Antiques Fair in the country! www.peterborougharena.com

### **V** 26 Mar, 7.30pm

#### **The Simon and Garfunkel Story** **Key Theatre**

The Simon & Garfunkel Story is back! Using huge projection photos, original film footage and a full live band performing all the hits. Call 01733 207239 or visit www.vivacity-peterborough.com/key-theatre

### **V** 28 Mar-2 Apr, 7.45pm

#### **Pygmalion** **Key Theatre**

Professor Higgins teaches Eliza, a flower girl, how to speak properly – but is this transformation a good thing for Eliza? Call 01733 207239 or visit  
www.vivacity-peterborough.com/key-theatre

### **V** 29-31 Mar & 5-7 Apr, 10.30am-12.30pm

#### **Time Travellers returns!** **Peterborough Museum**

Try your hand at making witch bottles to ward off evil like the Stuarts, recreate Georgian healing waters and turn modern-day celebrities into Victorian silhouettes. Tickets: £5 per child, accompanying adults FREE. To book, call Peterborough Museum on 01733 864663

### **V** 30 Mar, 7.30pm

#### **Letz Zep** **Key Theatre**

Letz Zep, the official number one tribute



# THE VENUES WITH THE MENUS

A brand new bar, a highly acclaimed restaurant and a perfect snack and caffeine stop in one of the city's most historic buildings... There are plenty of reasons to visit the Key Theatre or Peterborough Museum, but whether you're heading to the venues for a culture fix or just out and about and in need of refreshment, why not drop in for a drink or a bite?

## Peterborough Museum

Fancy a break from shopping? Craving a bite to eat? Maybe you're just looking for somewhere to catch up with that friend you've not seen in ages? Situated on the ground floor of Peterborough Museum on Priestgate, Squire's Coffee House offers the perfect chance to take a load off and grab a peaceful cuppa somewhere a little different, off the beaten track and steeped in history. Somewhere you can really hear yourself think.

The Museum is one of Peterborough's oldest buildings and is a fascinating place in its own right. In its lifetime, the building's uses have ranged from being a Georgian Mansion (built on top of the remains of a Tudor House no less), a



IMJ Photo Art

Victorian Hospital (responsible for the introduction of modern medicine to the city) and even an air raid shelter during World War II. Now it is home to hundreds of objects and stories from Peterborough's past, some of which date back over 3,000 years and Squire's Coffee House is perfectly placed to allow you to soak up that rich historical atmosphere.

So next time you fancy a snack, somewhere to chill out and read, or even just somewhere to swap stories with someone from your own past – why not choose somewhere with plenty of stories of its own? You'll always be welcome at Squire's.



**Squire's Coffee House is open Tuesday – Sunday from 10am – 5pm at Peterborough Museum, Priestgate (just a 2 minute walk from WH Smith). For more information, call 01733 864663**

## Key Theatre

Next time you visit the Key Theatre, why not make a night of it in the newly refurbished bar or a pre-theatre meal at the onsite restaurant - Café Clarkes? Following a recent transformation, the Riverside Bar has had a facelift, creating a warm and friendly environment and a much more welcoming space.

Start your night off with a pre-theatre meal from Café Clarkes - with two courses starting at just £10, enjoy freshly cooked British favourites from bubble and squeak to bangers and mash with a modern twist.

With a carefully selected range of chilled beers, ciders and spirits, and a brand new wine menu, it is the perfect place for pre and post show drinks. A selection of soft drinks are available to suit all ages. Why not relax with a specially prepared barista style coffee?

Don't queue at the interval! Why not pre-order your drinks before the show? Simply fill in one of our order slips located around the bar and hand it to a member of staff. Your drinks will be waiting for you.

Also available to hire, the Riverside Bar is the idyllic setting overlooking the beautiful surroundings of the River Nene. Ideal in tandem to the auditorium, the Key becomes a suitable conference centre with plenty of break-out rooms and refreshments available.





to Led Zeppelin, will be performing songs from their historic album. Call 01733 207239 or visit [www.vivacity-peterborough.com/key-theatre](http://www.vivacity-peterborough.com/key-theatre)

## V 30 Mar, 7.30pm

**Holme Fen Spitfire Lecture Flag Fen**  
Speaker: Stephen Macaulay, Oxford Archaeology East. £5 adults, £4 concessions. [www.vivacity-peterborough.com](http://www.vivacity-peterborough.com)

## V 31 Mar, 7.30pm

**The Three Degrees Key Theatre**  
The Three Degrees are well known for their soulful voices, beautiful gowns, and fabulous stage shows, and hits such as When will I see you again, Dirty Ol' Man, Take Good Care Of Yourself. Call 01733 207239 or visit [www.vivacity-peterborough.com/key-theatre](http://www.vivacity-peterborough.com/key-theatre)

## V 1 Apr, 7.30pm

**The Syd Lawrence Orchestra Key Theatre**  
This fizzy and frisky, glittering gem of a show remains the best entertainment in town as Chris Dean and The Syd Lawrence Orchestra deliver another full-throttle performance. Call 01733 207239 or visit [www.vivacity-peterborough.com/key-theatre](http://www.vivacity-peterborough.com/key-theatre)

## V Apr, 7.30pm

**Bye Bye Baby Cresset**  
Bye Bye Baby takes you back in time on a musical journey through the career of Frankie Valli & The Four Seasons, whose songs graced such films as The Deer Hunter, Dirty Dancing and Grease. Call 01733 265705 or visit [www.cresset.co.uk](http://www.cresset.co.uk)

## V 2 Apr, 2pm, 4pm & 6pm

**The Tortoise and the Hare Key Theatre**  
Following the successes of Elves & the Shoemaker and their TV adaptations for CBeebies, Northern Ballet bring their magic to Tortoise & the Hare. Call 01733 207239 or visit [www.vivacity-peterborough.com/key-theatre](http://www.vivacity-peterborough.com/key-theatre)

## V 7 Apr, drop in between 2pm-5pm

### The Tale of Peter Rabbit

**Craft Activity with Family Learning**  
Come along and help celebrate the wonderful stories of Beatrix Potter. Families can listen to the story and experience Peter Rabbit's adventures in Mr McGregor's garden – then create your own Peter Rabbit puppet or collage to take home. FREE. Suitable for ages 4 and over, accompanied by an adult.



## ● 4 Apr, 7.30-9.30pm

**Pastel portraiture – a demonstration by Neen Sidnell. St Mark's Church Hall, Lincoln Road**  
A demonstration of portraiture in pastels by a gifted and versatile local artist and illustrator. £4.00 to non-members. [peterboroughartsociety.org.uk](http://peterboroughartsociety.org.uk)

## V 5 Apr, 7.30pm

**Stacey Kent Key Theatre**  
The internationally acclaimed and Grammy-nominated vocalist, Stacey Kent, returns to The Key Theatre, Peterborough with a brand new concert, featuring music from her latest album TENDERLY. Call 01733 207239 or visit [www.vivacity-peterborough.com/key-theatre](http://www.vivacity-peterborough.com/key-theatre)

## V 6 Apr, 7.30pm

**Jenny Eclair: How To Be A Middle Aged Woman (Without Going Insane) Key Theatre**  
Professional grumpy old woman, Splash survivor, amateur soup maker, and novice knitter, Jenny Eclair is younger than Madonna but eats crisps and likes wine. Call 01733 207239 or visit [www.vivacity-peterborough.com/key-theatre](http://www.vivacity-peterborough.com/key-theatre)

## V 7 Apr, 7.30pm

**Rodgers & Hammerstein Songbook Key Theatre**  
An international cast present a spellbinding homage to Rodgers & Hammerstein. Call 01733 207239 or visit [www.vivacity-peterborough.com/key-theatre](http://www.vivacity-peterborough.com/key-theatre)

## V 8 Apr, 7.30pm

**The Billy Joel Songbook performed by Elio Pace and his band Key Theatre**  
Elio Pace delivers this sensational tour celebrating the phenomenal music of Billy Joel. Call 01733 207239 or visit [www.vivacity-peterborough.com/key-theatre](http://www.vivacity-peterborough.com/key-theatre)

## ● 8-10 Apr, 10am-4pm

**Spring Exhibition Thorpe Hall (Sue Ryder Hospice)**  
An exhibition of paintings by The Peterborough Art Society. Entry is free and 10% of all sales will be donated to Thorpe Hall Hospice.

## ● 9 Apr, 10am

**16mm National Garden Railway Show Peterborough Arena**  
Join the thousands of other model rail enthusiasts at possibly the biggest garden railway show in the world for an amazing day of exhibits, prize draws and much much more. [www.peterborougharena.com](http://www.peterborougharena.com)

## V 9 Apr, 7.30pm

**One Night of Elvis Key Theatre**  
Lee Memphis King portrays Elvis Presley at his peak from the iconic 'Comeback

## V 2 Apr, 12 noon-1.30pm

### Jingle Jangle Jungle – Friends of Bretton Library Special Event Bretton Library

The Jingle Jangle Jungle is full of creatures. But, when the Tiger makes a huge journey all the way from India to visit his cousin the Lion King, they feel a little uneasy as they are afraid of the Tiger. Friends of Bretton Library need the help of young explorers to find all the jingle jangle creatures hiding in the library so they can all be involved in the Grand Jingle Jangle of the Year celebration. £3 per child. Suitable for children aged 4 – 11 years. All proceeds go to the Friends of Bretton Library.

Special' and of course the 'Vegas Years'. Call 01733 207239 or visit [www.vivacity-peterborough.com/key-theatre](http://www.vivacity-peterborough.com/key-theatre)

## ● 9 Apr, 7.30pm

**Ensemble 360 Stamford Arts Centre**  
Ensemble 360 present an evening of chamber music by Bridge, Beethoven, Schumann and Brahms. Call 01780 763203 or visit [www.stamfordartscentre.com](http://www.stamfordartscentre.com)

## V 12-16 Apr, 7.30pm

**The Wedding Singer Key Theatre**  
Westwood Musical Society return to the Key after last year's sell-out run of Sister Act. Call 01733 207239 or visit [www.vivacity-peterborough.com/key-theatre](http://www.vivacity-peterborough.com/key-theatre)

## ● 15 Apr, 8pm

**So Comedy – Live Stamford Arts Centre**  
The producers of The Graham Norton Show and The Sarah Millican Television Programme bring you an evening of the very best in stand up and sketch comedy. Call 01780 763203 or visit [www.stamfordartscentre.com](http://www.stamfordartscentre.com)

## ● 15-17 Apr

### National Motorhome Show Peterborough Arena

Over 300 exhibitors will be bringing more than 800 new and used models. This is the best place to meet the country's leading dealers and peruse an unbeatable variety of vehicles. [www.peterborougharena.com](http://www.peterborougharena.com)

## V 17 Apr, 1.30pm

### Giselle (Delayed Live Screening) Key Theatre

The quintessential Romantic ballet. It transformed the dance world when it was first performed in Paris in 1841 and remains at the centre of the classical repertory. Call 01733 207239 or visit [www.vivacity-peterborough.com/key-theatre](http://www.vivacity-peterborough.com/key-theatre)

## V 17 Apr, 10am-5pm (last entry 4pm)

### Pride, Prejudice & Priestgate Mansion Peterborough Museum

To mark the building's 200th anniversary Peterborough Museum returns to its heyday as a Georgian mansion for one day only! From Regency dance demonstrations, to puppet shows there'll be Georgian entertainment



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# Lambing time

'May brings flocks of pretty lambs, skipping by their fleecy dams,' says the nursery rhyme, but did you know the journey actually started six months before? Megan Allen spoke to Jane Page, Livestock Manager at Sacrewell, near Wansford about lambing, to give us an insight into the everyday tasks of a livestock farmer.

**W**e spend the autumn making sure the ewes [breeding females] are healthy,' says

Jane, describing the beginning of the lambing cycle. 'We give them a trim, check their backs and "flush" them by letting them graze on a well-rested paddock with lots of grass. It makes them more fertile and we're likely to get healthier lambs.'

The tups (breeding males) are then put in with the flock and each has a coloured chalk around its neck to mark the ewes. Jane explains: 'A sheep's cycle is about three weeks and big farms will change the tup every few weeks to see which ewes get marked per cycle. It makes it easier to guess when the lambs will be born and to see which rams are performing.'



legs of the lamb to straighten them out – something Jane says women are much more successful at than men, because they have smaller hands.

Once a lamb is born it is left to bond with its mother before they're moved inside for regular checks. 'The first milk is really important because that's when the mother passes on her immunity to the lambs. She helps them to adapt to her environment,' Jane says. 'Jacob sheep can have up to four lambs which causes a problem because they can only feed two lambs at a time. If she's struggling to feed all her lambs we take the strongest ones away and they become Cade\*, which we bottle feed.'

Once the tails have been docked and Jane is happy the lambs are healthy, they are turned out into the fields where they meet their adoring public for the first time – and become the epitome of the English countryside!

\*Cade or orphaned lambs are usually the strongest of their flock and are taken away because their mother cannot feed them. Sacrewell hand rears its Cade lambs and hosts lamb feeding shows at 10am, 12pm, 2pm and 4pm every day from 5 March – 24 April.



**“Once the tails have been docked the lambs are turned out into the fields where they meet their adoring public!”**

At Sacrewell there are only small flocks of Jacob, rare-breed Lincoln Longwool and Soay sheep so they only need one ram of each to breed. The ewes are pregnant for just under five months, so for March lambs the tups are introduced to the ewes in October.

The next step takes place about five weeks before the first lambs are due to be born, when the ewes are given their annual vaccination boost. 'If you vaccinate at the right time, the lambs will be born benefitting from the inoculation and will be covered by their mother's immune system,' Jane says. 'We vaccinate for about eight diseases in total including tetanus, braxy and pulpy kidney.'

The ewes are left out in the field until after the lambs are born, which Jane says is a personal preference and each farmer does things differently. Because the flocks at Sacrewell are small, she's able to keep an eye on them and can tell by their

behaviour if they're going into lamb.

She adds: 'The first sign is that they don't come up for their food. They separate themselves from the rest of the flock and find somewhere quiet. You can sometimes see them looking up to the sky which is a good indication that the contractions have started. We only interfere if we see them struggling.'

Lambs are born with their heads tucked between their front legs, but they can sometimes get stuck or tangled. They're freed by inserting a hand into the ewe and hooking a finger around the



## About Sacrewell

Sacrewell Ltd is the trading name of the William Scott Abbott Trust, an agricultural education charity formed in 1964 at Sacrewell Farm near Wansford.

Sacrewell is open all year. More information and a full history of Sacrewell can be read at [www.sacrewell.org.uk](http://www.sacrewell.org.uk)



perfect for all ages. Tickets: £4 adults, £3 concessions, £12 families, under 5s free. There's no need to book for this event, just drop in!

### V 17 Apr, 7.45pm

#### **Ruby Turner Key Theatre**

Ruby can breathe life and meaning into a song whether it is a passionate soaring ballad or a soulful up-tempo groove. Call 01733 207239 or visit [www.vivacity-peterborough.com/key-theatre](http://www.vivacity-peterborough.com/key-theatre)

### ● 21 Apr, 7.30pm

#### **That'll Be The Day 2016 Cresset**

Prepare for a nostalgia party extravaganza as the legendary That'll Be The Day rock 'n' roll variety spectacular returns with its Brand New 30th Anniversary Special! Call 01733 265705 or visit [www.cresset.co.uk](http://www.cresset.co.uk)

### V 22 Apr, 7.30pm

#### **The Counterfeit Stones – 25x5 Key Theatre**

The Counterfeit Stones celebrate their 25th anniversary in 2016 with yet another 'Sham Rock' experience, 25 X 5. Call 01733 207239 or visit [www.vivacity-peterborough.com/key-theatre](http://www.vivacity-peterborough.com/key-theatre)

### ● 22 Apr, 7.30pm

#### **Arrival – The Hits of Abba Cresset**

The international, multi award-winning show that has sold out in over 20 different countries worldwide since 1995. Call 01733 265705 or visit [www.cresset.co.uk](http://www.cresset.co.uk)

### V 23 Apr, 7.30pm

#### **Roy Orbison & the Travelling Wilburys Tribute Show Key Theatre**

With an easy, relaxed style, excellent vocals and musicality and a great respect for each other's talent, these guys will give you an amazing night of entertainment. Call 01733 207239 or visit [www.vivacity-peterborough.com/key-theatre](http://www.vivacity-peterborough.com/key-theatre)

### V 23 Apr, 10.30am-12.30pm

#### **Caring for Costume**

#### **Peterborough Museum**

This exciting new workshop offers a unique chance to get closer to the Museum's historic costume collection with the experts who care for it. £10 adults, £8 concessions, booking is essential as spaces are limited. To book call 01733 864663

### V 23 Apr, 1pm

#### **The Lives of the Brontë Sisters – A Talk by Author Jude Morgan**

#### **Central Library**

A fascinating insight into the lives of Charlotte, Emily and Anne. Tickets on sale now, £5 (£4 concessions). Book in advance at any library or Waterstones, Peterborough

### V 24 Apr, 7.30pm

#### **Talon – The Best of The Eagles Key Theatre**

Talon are a phenomenon and have truly

transcended the tag of 'tribute'. Call 01733 207239 or visit [www.vivacity-peterborough.com/key-theatre](http://www.vivacity-peterborough.com/key-theatre)

### V 26 Apr, 8.15pm

#### **Audience with Ian Waite & Natalie Lowe Key Theatre**

The Strictly Come Dancing favourites perform a dance showcase spectacular designed to dazzle and wow you. Call 01733 207239 or visit [www.vivacity-peterborough.com/key-theatre](http://www.vivacity-peterborough.com/key-theatre)

### V 27 Apr, 7.30pm

#### **Stones in His Pockets Key Theatre**

Two actors play a vast array of eccentric and lovable characters in this universally loved, worldwide comic theatre sensation. Call 01733 207239 or visit [www.vivacity-peterborough.com/key-theatre](http://www.vivacity-peterborough.com/key-theatre)

### V 27 Apr, 6.30 – 8.30pm

#### **The Manuscripts of John Clare Peterborough Museum**

Join the city's Archivist to explore the manuscripts of local romantic poet John Clare – a rare opportunity to see the manuscripts up close. Tickets: £10 adults, £8 concessions. Booking is essential as spaces are strictly limited, to book call 01733 864663

### ● 28 Apr, 7.30pm

#### **Swan Lake presented by The Vienna Ballet Cresset**

Lavish costumes, stunning scenery, international stars and the glorious music from Tchaikovsky make this a night not be missed. Call 01733 265705 or visit [www.cresset.co.uk](http://www.cresset.co.uk)

### V 28 Apr, 7.30pm

#### **Joe Lycett: That's The Way, A-Ha A-Ha, Joe Lycett Key Theatre**

The self-proclaimed 'absolute lad' is back with an all new stand-up show. Call 01733 207239 or visit [www.vivacity-peterborough.com/key-theatre](http://www.vivacity-peterborough.com/key-theatre)

### ● 29 Apr, 8pm

#### **Comedy Club April 2016 Cresset**

Observational maestro Mark Maier headlines, alongside surreal Welsh comic Noel James and rising star Suzi Ruffle. Compere for the show is David Ward. Call 01733 265705 or visit [www.cresset.co.uk](http://www.cresset.co.uk)

### V 30 Apr, 7.30pm

#### **The Pasadena Roof Orchestra Key Theatre**

The fun-packed show features timeless classics from the great American song book – those wonderful songs that miraculously lifted people's spirits during the depression era. Call 01733 207239 or visit [www.vivacity-peterborough.com/key-theatre](http://www.vivacity-peterborough.com/key-theatre)

### ● 30 Apr, 7.30pm

#### **Pasha Kovalev 'It's All About You' Cresset**

Winner of Strictly Come Dancing 2014



### ● 5-9 Apr, 7.30pm (plus 2.30 Sat matinee)

#### **Hairspray Cresset**

Building on the runaway success of previous years' productions – The Witches of Eastwick (which won the NODA Best Musical award for 2014) and last years sellout The Addams Family – Peterborough's oldest musical theatre society returns to perform the international stage and screen musical spectacular, HAIRSPRAY. Tracy Turnblad, a big girl with a big 'hair-do' and a big a heart, has an even bigger dream – to dance on TV. When she wins a spot to dance on The Corny Collins Show, she becomes an overnight sensation. Can Tracy now beat evil Amber to be crowned Miss Teenage Hairspray 1962? Directed and choreographed by Rob Bristow, Hairspray will have you singing and dancing the whole way home!

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tours with his brand new show, with special guest Anya Garnis from Strictly Come Dancing BBC1 and So You Think You Can Dance USA. Call 01733 265705 or visit [www.cresset.co.uk](http://www.cresset.co.uk)

### ● 30 Apr, 8pm

#### **Stamford Chamber Orchestra Stamford Arts Centre**

Stamford's very own orchestra invites you to join them in their season of varied and interesting concerts and enjoy a glass of wine afterwards! Haydn Symphony No.97 and Trumpet Concerto in Eb, Beethoven Symphony No 2. Call 01780 763203 or visit [www.stamfordartscentre.com](http://www.stamfordartscentre.com)

### V 1 May, 2pm

#### **Lucia Di Lammermoor (Delayed Live Screening) Key Theatre**

Lucia di Lammermoor is Donizetti's tragic masterpiece. The opera marked the beginning of his partnership with regular collaborator librettist Salvatore Cammarano. Call 01733 207239 or visit [www.vivacity-peterborough.com/key-theatre](http://www.vivacity-peterborough.com/key-theatre)

### ● 1-2 May

#### **Truckfest Peterborough Arena**

For a truly monster day out – with yet-to-be-announced celebrity guests and dozens of trade stands, to the very best in motorised entertainment and exhilarating motorcycle stunt acts. [www.peterborougharena.com](http://www.peterborougharena.com)





Imagine a circus show with a difference – one designed by and starring a bunch of crazy stuntmen who appeared to have had adrenaline for breakfast, lunch and dinner! This is **Nitro Circus**, and they're coming to Peterborough Arena on Saturday, 2 July...

**F**rom humble beginnings in 2003 – Jeremy Rawle, Gregg Godfrey and action sports superstar Travis Pastrana producing DVDs from a garage in Utah – Nitro Circus has exploded to global popularity, leaving a burning impression on the minds of viewers across the planet.

The original DVD series was a smash hit, showing Travis and his crew of outrageous buddies performing skilful but

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In 2009, Nitro Circus partnered up with MTV to create a smash hit new TV series, which aired in 60+ countries over two seasons and was one of MTV's most popular series of all time. This summer, Nitro Circus take to the road to bring this massive, supersize serving of a show to the UK.

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To find out more or apply for a role contact Gordon Chancellor the Museums Partnership Officer for Cambridgeshire at

[gordon.chancellor@cambridgeshire.gov.uk](mailto:gordon.chancellor@cambridgeshire.gov.uk)

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**Jenny Éclair**  
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6 Apr | 7.30pm

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**Elio Pace - The Billy Joel Songbook**  
8 Apr | 7.30pm

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**Giselle**  
(Delayed Live Screening)  
17 Apr | 1.30pm

Tickets from £13.50 (inc fees)



**Ruby Turner**  
17 Apr | 7.45pm

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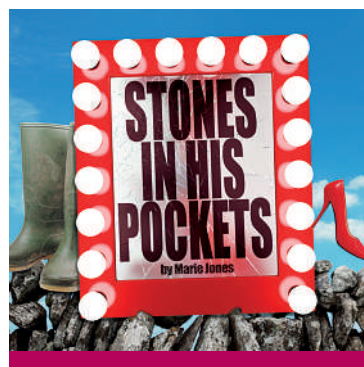
**Talon - Best of Eagles**  
24 Apr | 7.30pm

Tickets only £21 (inc fees)



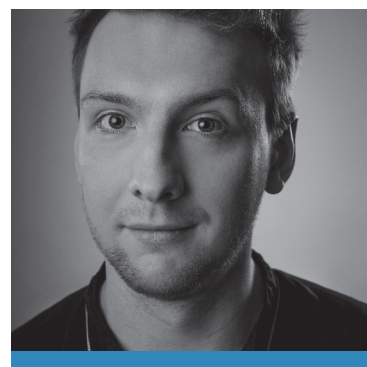
**An Audience with Ian Waite & Natalie Lowe**  
26 Apr | 8.15pm

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**Stones in His Pockets**  
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